

2024 CALIFORNIA BALLOT MEASURES:

What You Need to Know

By CalMatters



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Jett Ruby scores on the Fourth of July to give the Crabs the lead. Read more on page 20. Photo by Matt Filar

On the Cover
A California voter guide in Sacramento on Nov. 7, 2022. Photo by Miguel Gutierrez Jr./CalMatters

NCJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

July 11, 2024 • Volume XXXV Issue 28
North Coast Journal Inc.
www.northcoastjournal.com
ISSN 1099-7571 © Copyright 2024

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Classified/Workshops classified@northcoastjournal.com



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SATURDAY
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Qualifications

Editor:

It's important to consider a candidate's qualifications before you vote, so here is a list of qualifications for one presidential candidate.

He possesses a broad business background. He's had six hotel/casino businesses file for bankruptcy and has sold shoes, Bibles and personal trading cards, as well as begged for donations, all on the internet.

He likes to make bold claims. He bragged that he could get Mexico to pay for a border wall, which didn't happen. He also has stated repeatedly that he won the 2020 election and that the Capitol insurrectionists are really patriots.

He's been a TV star. He hosted a business reality show but was forced to leave for making derogatory comments about Mexican immigrants, accusing many of being criminals or rapists.

He has an unparalleled moral code. He bragged that when you're a star, you can just grope women. He's also a convicted felon for falsifying business records.

He takes care of his friends. He had tax laws passed that overwhelmingly benefited rich individuals and large corporations. He loosened business regulations as well, recently meeting with corporate CEOs promising more of the same.

He has a simple platform, "retribution." He promises to get even with all his perceived political enemies by weaponizing the federal government against them.

Of course I'm describing the qualifications of ex-President Donald Trump. If you can find any reason above to support him, you are likely either a bigot, a libertine, a corporate CEO or an autocrat lover. Better to give Trump a pass and let him return to what he's good

Dear Mr. Biden,

Remember there are lush, green redwood ravines,
groves set aside for citizens' respite and renewal,
so ancient that current problems seem a wisp of spider's web.

A league of people preserved this sliver of coastline,
wrested woods from those wanting only profits.

Because of their persistence, I walk the Hope Trail
as the morning fog starts to lift.

They, too, must have noticed the candy-kiss seedpods of trillium,
summer's string of hanging, orange lily-lanterns, and the variegated, maroon
inflorescence of tiny orchids.

They would have listened for the varied thrush's melancholy whistle, delighted in
the Pacific wren's waterfall of notes and the trickle of the creek camouflaged by
spreading thimbleberries and mock azaleas.

Hope Creek's watershed is worth their struggle.

An onshore breeze gently stirs the treetops high above,
ruffles a steep hillside's carpet of sword and lady ferns,
lifts five-finger ferns in subtle waves.

A crater made by a fallen giant
where now its contorted root ball rests,
out of deep crannies grow a cascade of deer ferns.

Atop a fallen log's tablecloth of worn-looking silk-moss
a spring-green tree begins.

The trail is littered by the flotsam of rhododendrons,
broken limbs and folded trunks,

done away with by a hard freeze eight years ago.

Still, I find survivors with spindly, sunlit branches, up on the ridge.

I crane my neck to spot their panicles of soft pink blossoms,
cuffed in fresh, oblong, yellow-green leaves, aglow.

— Mary Thibodeaux Lentz

at, internet sales and begging for money.

No matter who the Democratic candidate is, be it President Biden or not, I'm sure it will be someone with none of these qualifications.

Sherman Schapiro, Eureka

Re: Lincoln and Juneteenth

Editor:

According to Kelby McIntosh's Juneteenth origin story ("My Juneteenth Revelation of Embracing Culture in Humboldt," June 27), "a white man signed a piece of paper saying black folks are free." Would that be Abraham Lincoln, one of the greatest men this country has ever produced? I can see where

Kelby is coming from. After all, it was an anonymous black man that gave the iconic "I have a dream" speech back in the day. Wait a minute, was that Martin Luther King Jr., one of the greatest men this country has ever produced? I'm not afraid to show some respect and say their names.

John Dillon, Eureka

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The weekly deadline to be considered for the upcoming edition is 10 a.m. Monday.



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NCJ NEWS

Continued from previous page



Fortuna hopes a sales tax measure coming before voters in November will help its police department retain officers. *File*

Councilmember Kimberley White then opined that the city doesn't want to find itself in the same position as the county, which is facing a projected deficit of nearly \$14 million and the prospect of depleting its general fund reserves by the end of the 2025-2026 fiscal year if something isn't done to increase revenue or curb spending.

The comparison was not lost on Miller, who served as the county's chief financial officer until taking the post in Arcata last year.

"No, we do not," she said. "We do not want to be in a crisis."

In response to this "crisis," the Humboldt County Board of Supervisors has directed staff to look at strategies to centralize services, while agreeing to maintain a hiring freeze and close county office to the public on Fridays to allow short-handed departments to catch up on backlogs of work.

Meanwhile, county staff have been doing the rounds at local city council meetings to present on the budget woes and, seemingly, garner support for putting a tax measure before voters.

In June, Deputy County Administrative Officer Sean Quincey and Public Works Director Tom Mattson addressed the Fortuna City Council, saying that over the last 30 years, the state of California has taken more than \$500 million in county

funding through property tax reallocations. Quincey and Mattson detailed the poor shape of county roads, casting it not only as a daily concern but something that makes the county increasingly vulnerable to the negative impacts of natural disasters, which have become more frequent with fires and storms driven by the climate crisis.

"These issues are significant, they're structural and under the status quo, we simply don't have enough funding to continue dealing with these sustainably," Quincey said. "I want to be frank and honest with this council that one of the top potential solutions is increased local revenue, potentially a tax measure. A sales tax measure is what our board has directed us to work on."

In the coming weeks, county staff is expected to propose putting a 0.75-percent sales tax measure before voters, with the stated spending priorities of road maintenance and repair, and maintaining 911 emergency response times.

As is the case with the measures already moving forward in Arcata and Fortuna, the county's sales tax increase is expected to be a general — not a special — tax. While special taxes raise funds for specific services — and require a 66-percent vote to pass — general taxes' revenue comes into the general fund and can be spent however governing boards

decide. They also require a simple majority vote to pass.

Humboldt County voters have been approving of local tax measures in recent elections, with Rio Dell, Blue Lake, Ferndale, Trinidad and Eureka all having passed them in 2020 and 2022, most by wide margins. But there's some concern that trend may not hold, with voters facing stretched household budgets and multiple revenue measures at once. (Between the county's likely measure and Fortuna's, voters in the Friendly City would see measures that, if both passed, would raise sales tax rates in the city from 8.5 percent to 10, bumping the levy on a \$100 purchase from \$8.50 to \$10.)

In the coming weeks and months, elected officials in Arcata and Fortuna, and likely the county, too, will begin making their cases to residents on why the tax measures are justified and needed. It will then be up to voters to decide whether they want — and can afford — to pay more to maintain local services.

Thadeus Greenon (he/him) is the Journal's news editor. Reach him at (707) 442-1400, extension 321, or thad@northcoastjournal.com.

Fourth Fun Fills Old Town

Under unusually warm sunshine, Eureka Main Street's Fourth of July Festival in historic Old Town attracted its usual large crowd of attendees enjoying a wide variety of foods, crafts, commercial items and fine art, while community groups tabled to get word out about their organizations.

Two stages featured performances by North Coast Dance and live music by Bandoloko, Humboldt Highlanders Pipe Band, the SoHum Girls Band, Roland Rock, the Claire Bent Jazz Quintet, Good Time Charlies, Frogbite and Buddy Reed.

In what looked like it could become a July Fourth tradition, Rooftop Sushi in Eureka, owned by Joe and Lily Tan, offered great views of the vendors and crowd in Old Town as it hosted two events, starting with a Japanese BBQ luncheon with special guest chef Alexander of Kogiri and live music by the Young & Lovely jazz group, featuring vocals by sisters Brianna and Elle Penner. In the evening, the rooftop venue offered a sushi buffet dinner, sake wine and beer, and great views of the fireworks over Humboldt Bay that started at 10 p.m. — with no coastal fog to spoil the show.

— Mark Larson
POSTED 07.09.24



Clockwise from top left: The sound of bagpipes echoing in Old Town preceded the Humboldt Highlanders Pipe Band as members walk toward the Main Street Stage at the Gazebo; Gina Grebe (left) brought her North Coast Dance team decked out in red, white and blue to perform on the Main Street Stage at the gazebo in Old Town and then poses for post-performance photos; Rooftop Sushi's midday July Fourth Rooftop Party included live music by the Young & Lovely jazz group featuring vocals by sisters Brianna and Elle Penner; the SoHum Girls Band fills a last-minute slot opening at 1 p.m. on the Main Street Stage at the gazebo (from left: Chris Manspeaker, Marcia Mendels, Brigitte Marie Terry and Marla Joy). Photos by Mark Larson



Eureka Woman Arrested for Manslaughter, DUI for I Street Crash

A 30-year-old Eureka woman reported has admitted to using nitrous oxide just prior to causing a fatal multi-car collision on I Street in May that left a pedestrian dead, according to Eureka police.

The Eureka Police Department issued a press release July 8 announcing it had secured a Ramey warrant for the arrest of Maria Cuevas for vehicular manslaughter with gross negligence and hit and run

causing death or injury and that Cuevas is in custody, held on \$65,000 bail. According to jail records, Cuevas was booked into the jail July 2.

"Additional charges of felony DUI causing bodily injury were submitted to the District Attorney's Office for review, as Cuevas admitted to using [nitrous] oxide just prior to the collision," the press release states, adding that the investigation is ongoing.

According to EPD, officers responded to a report of a vehicle-versus-pedestrian collision in the 900 block of I Street around 1:45 p.m. on May 22, which was followed moments later by multiple reports of multiple collisions on I Street near Seventh Street.

A 66-year-old pedestrian, later identified as David Sprague, was pronounced dead at the scene, and several people from involved vehicles were transported

to a local hospital for treatment. The crash was initially investigated by EPD's Major Injury/Fatal Traffic Investigation team, which help from department detectives and technicians.

According to a prior EPD press release, investigators believe Cuevas' vehicle was traveling north on I Street when it struck Sprague in the roadway near Ninth Street, before it continued traveling north and hit additional vehicles near Seventh Street before crashing into a building.

EPD's investigation remains ongoing and the department asks that anyone with information about the crash call its Criminal Investigations Unit at (707) 441-4300.

— Thadeus Greenson
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2024 CALIFORNIA BALLOT MEASURES: What You Need to Know

By CalMatters

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Much is expected of the California voter. In any given election year, we may be asked to dust off our labor lawyer hats, brush up on oil and gas regulations, reacquaint ourselves with decades of tax policy, or analyze infrastructure funding. We may have to weigh the moral pros and cons of capital punishment, marriage equality or pig protection and — over and over again — oversee all things dialysis clinic.

This November, voters will decide the fate of 10 thorny policy proposals, including crime, health care, rent control and taxes. This year, there were far more last-minute changes than usual.

Five measures were withdrawn by their proponents in deals with lawmakers, and another was kicked off the ballot by the state's highest court. And Gov. Gavin Newsom scrapped a crime measure at the last minute.

But on the final day possible, legislators added two bond issues, one for climate action and another school construction. The 2024 ballot will be more crowded than 2022, when only seven measures appeared, the fewest in more than a century.

What are all these propositions really about? How did they make their way to the ballot in the first place? And how did Californians first fall in love with direct democracy?

Here is California's passion for propositions, explained.

What's on Your November Ballot?

After months of signature gathering, litigating and legislative wrangling, the final list of measures on the Nov. 5 ballot is set. The Legislature directed the Secretary of State's Office to assign numbers to several, and the office set the others. (Reminder: Proposition 1 was Newsom's mental health measure that narrowly passed in March.)

Proposition 2: Borrow \$10 billion to build schools. Legislative Democrats put on the ballot a bond issue to give \$8.5 billion to K-12 schools and \$1.5 billion to community colleges for construction and modernization.

Proposition 3: Reaffirm the right of same-sex couples to marry. This constitutional amendment from the Legislature would remove outdated language from Proposition 8, passed by voters in 2008, that characterizes marriage as being between a man and a woman.

Proposition 4: Borrow \$10 billion for climate programs. Legislative Democrats also placed a bond issue on the ballot that includes \$3.8 billion for drinking water and groundwater, \$1.5 billion for wildfire and forest programs and \$1.2 billion for sea level rise. In part, the money would offset some budget cuts.

Proposition 5: Lower voter approval requirements for local housing and infrastructure bonds. This constitutional amendment from the Legislature would make it easier for local governments to borrow money for affordable housing and other infrastructure. To avoid opposition from the influential real estate industry, supporters agreed to block bond money from being used to buy single-family homes.

Proposition 6: Limit forced labor in state prisons. Lawmakers added this one late — a constitutional amendment to end indentured servitude in state prisons, considered one of the last remnants of slavery. The California Black Legislative Caucus included the amendment in its reparations bill package.

Proposition 32: Raise the state minimum wage to \$18 an hour. This initiative seemed a much bigger deal when it was first proposed in 2021. But under existing law, the overall minimum wage has risen to \$16 an hour. And lower-paid workers in two huge industries are getting more: Fast



Voters cast their ballots at a polling station at the Sacramento County Elections Office on Nov. 8, 2022.

Photo by Rahul Lal/CalMatters

food workers received a \$20 an hour minimum wage on April 1 and health care workers will eventually get \$25, though the start date has been pushed back to at least Oct. 15.

Proposition 33: Allow local governments to impose rent controls. This is the latest attempt to roll back a state law that generally prevents cities and counties from limiting rents in properties first occupied after Feb. 1, 1995.

Proposition 34: Require certain health providers to use nearly all revenue from a federal prescription drug program on patient care. Sponsored by the trade group for California's landlords, this measure is squarely aimed at knee-capping the AIDS Healthcare Foundation, which has been active in funding ballot measures (see the rent control one above).

Proposition 35: Make permanent a tax on managed health care insurance plans. This initiative is sponsored by California's health care industry to raise more money for Medi-Cal and block lawmakers from using the cash to avoid cuts to other programs. The measure would hold Newsom to a promise to permanently secure that tax money for health care for low-income patients.

Proposition 36: Increase penalties for theft and drug trafficking. This initiative may be the most contentious on the ballot. It would partly roll back Proposition 47, approved by voters in 2014, instituting stiffer penalties for some drug and theft offenses.

Last-minute Deal-making on Measures

By Ben Christopher

By 2014, California voters were sick of ballots larded up with too many measures, many of them highly technical, specific to one industry or difficult to understand.

So state lawmakers changed the rules. While initiatives can only go before voters in November, a tweak to the election code gave the Legislature more time to hold public hearings on those upcoming measures, while giving initiative backers the chance to revise or remove initiatives later in the process. The goal was a more deliberative, thoughtful process with more room for compromise.

But one person's "compromise" is another person's "legal extortion."

The most notorious example came in 2018 when the soda industry funded a ballot measure that would have made it much more difficult for local governments to raise taxes. They pulled the initiative — which then-Gov. Jerry Brown called an "abomination" — after lawmakers agreed to ban new local soda taxes for the next 13 years.

Then in 2023, the Legislature passed a law allowing similar deal-making on referendums to overturn existing laws. It was immediately used to pull a fast food industry referendum off this November's ballot, and used again by the oil industry

Continued on next page »

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NCJ ON THE COVER

Continued from previous page

to abandon its referendum to kill a ban on drilling near homes, schools and other sensitive areas.

Prior to this year, a total of nine measures had been withdrawn from the ballot after qualifying; the most for any single election was three in 2018.

But this year, five compromises were struck to pull measures off the ballot before the June 27 deadline. After business and organized labor made a deal to change a California-only state law that allows workers to sue their bosses over alleged workplace violations, business groups withdrew a measure to repeal the law completely. The governor's office also brokered pacts with the proponents so that they stood down on initiatives to fund pandemic preparedness through a tax on multi-millionaires and to expand state funding for health care for critically ill children. And after the Legislature passed a similar proposal, a nonprofit executive pulled his initiative to require a financial literacy class to graduate from high school.

Separately, in a highly unusual and controversial decision, the California Supreme Court removed a sweeping anti-tax measure in response to a lawsuit by Newsom and legislative leaders.

A Little History Lesson

By Sameea Kamal

California is one of 26 states with either an initiative process, referendum process or both.

While the state has had some way for citizens to initiate laws since 1898, it formally adopted the ballot initiative process after a special election on Oct. 10, 1911, when then-Gov. Hiram Johnson signed into law the ability for voters to recall elected officials, repeal laws by referendum and to enact state laws by initiative.

The push for more direct democracy was part of a movement across the U.S. in the late 1800s for social and political reform. In California, it was fueled by concerns over the influence that Southern Pacific Railroad and other “monied” interests had over the Legislature.

From 1911 through the most recent ballot measures in November of 2020, there have been 2,068 initiatives cleared for signature collection. Of those, 392, or about 19 percent, qualified for the ballot. And of those that made the ballot, 137, or 35 percent, have been approved by voters, including 39 constitutional amendments.

The most measures on a single ballot? Forty-eight in 1914, followed by 45 in 1990 and 41 in 1988.

What's the difference between a referendum and an initiative?

A referendum allows voters to approve or reject a statute passed by the Legislature, but with some exceptions: “urgency” statutes necessary for public peace, health, or safety; statutes calling elections; or laws that levy taxes or provide appropriations for current expenses.

Initiatives, which are more common than referenda, propose new statutes, as well as amendments to California's constitution. Since 2011, initiatives can only appear on the November general election ballot.

In most cases, initiatives and referenda share the same signature requirements — at least 5 percent of the total votes cast for the office of governor at the last election. A constitutional amendment initiative, however, requires at least 8 percent of the total votes cast at the most recent gubernatorial election.

For this election, that was at least 546,651 signatures to qualify an initiative, and 874,641 for a constitutional amendment.

The Long and Winding Road to the Ballot

By Sameea Kamal

What can be an initiative? Anything that's the “proper subject of legislation” — as long as it only addresses one subject.

To get an initiative or referendum on the ballot, there are a few steps that can begin more than a year before the election.

- **An idea is proposed by citizens** to the state attorney general's office with a \$2,000 fee, or a bill is passed by the Legislature.
- **A title and summary** are written by the attorney general.

In California, unlike in some other states, the ballot title and summary are not drafted by the secretary of state or an elections board. The language is meant to be neutral, but former attorneys general Xavier Becerra and Kamala Harris, and current Attorney General Rob Bonta, have been accused of not always staying impartial.

For example, a parents' rights group sued over the title of its proposed initiative to require schools to notify parents if their child identifies as transgender, to ban female transgender students from girls' athletic teams and to prohibit children from medically transitioning. Bonta labeled it as “Restricts Rights of



Poll workers process ballots at the Shasta County Elections Office in Redding on Nov. 7.
Photo by Fred Greaves for CalMatters

Transgender Youth” and a judge upheld his description. Subsequently, proponents failed to gather enough signatures to qualify their initiative for the ballot.

(A proposed initiative to transfer the drafting authority to the nonpartisan Legislative Analyst’s Office failed to qualify for the 2022 ballot. And a bill this year to do the same also failed.)

- **Signatures are gathered.**
 The number of signatures required is based on a percentage of total votes in the last gubernatorial election.
- **Lawmakers are alerted,** after which they may hold public hearings. The Legislature is not allowed to amend the measure or prevent it from appearing on the ballot, but a 2014 law allows more room for compromise for proponents to withdraw qualified measures from the ballot.
- **Collected signatures are verified** by the secretary of state’s office. This is done in two ways, once measure proponents file at least 100 percent of the required signatures to qualify. Under the random sample method, each county elections office is required to verify at least 500 signatures or 3 percent of the number of signatures filed in their office, whichever is greater. If the completed sample shows that the number of valid signatures is projected to be more than 110 percent of the required signatures, the measure qualifies. If it’s less than 95 percent, the measure fails to qualify.

If the number of valid signatures in the random sample represents between 95 percent and 110 percent of the required total, then the full check method requires election officials to verify every signature on the petition filed with their office. Campaigns pay anywhere from \$2 to \$6 per signature to petition gatherers, depending on how well-funded the campaign is, and how close they are to

the required number of signatures and the deadline. Over the last two years, due to COVID-19 safety measures and the labor shortage, the price per signature could rise to as much as \$15, some strategists told the *Los Angeles Times*.
 A statewide ballot measure is approved by a simple majority vote of the people.

Big Money, Big Interests

By Ben Christopher

The founding story of the California ballot measure is an electoral tale of David versus Goliath. In 1911, progressives introduced the initiative statute, the referendum and the recall as a way to wrest ultimate lawmaking authority away from a corrupt Legislature and bestow it upon the electorate.
 But from the early days, Goliath learned how to fight back.
 “The controlling factor is money,” said Glen Gendzel, a history professor at San José State University who has written about the early history of Californian direct democracy. “If it’s a pay-to-play system, then those who have the most money are going to play the most.”
 In 1920, white agricultural interests helped sponsor a measure banning Japanese immigrants from owning farmland. In 1926, the dairy lobby waged an expensive war against margarine producers. Throughout that decade, private utilities helped defeat three efforts to establish a public hydroelectric power agency. As early as 1923, a special legislative committee came to a depressing conclusion about California’s experiment with direct democracy: “Victory is on the side of the biggest purse.”
 That wasn’t always the case — nor is it today. Sometimes the appearance of trying to buy a law can backfire. In 2010,

Continued on next page »

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NCJ ON THE COVER

Continued from previous page



Poll workers process ballots at the Shasta County Elections Office in Redding.

Photo by Fred Greaves for CalMatters

PG&E spent nearly \$50 million — more than 300 times the opposition — on a campaign to make it more difficult for local governments to set up their own public power agencies. The utility lost.

In recent years, many business interests have gone to the ballot not just to advance their own policy goals, but to reverse the work of California's increasingly Democratic Legislature. That strategy paid off for ride-hailing app companies and bail bond agents in 2020, when both industries spent millions to undo state laws aimed at transforming or outlawing their business models.

No doubt cigarette and vape liquid manufacturers were taking note. In 2022, they funded an effort to nix a state ban on flavored tobacco. While voters overwhelmingly rebuffed them, that still bought them time. As soon as a referendum qualifies for the ballot, the law that it targets is put on hold. And because state law only allows referendums during regular general elections, that reprieve can last as long as two years.

Why the Ballot Can be Confusing

By Sameea Kamal

It's possible for multiple measures on the same topic to appear on the ballot — even ones that conflict with each other. If one is approved by voters and the others are rejected, it's simple: The approved one takes effect. And if several pass and they don't conflict with each other, they all go into effect.

But if multiple measures pass that conflict, the measure or provision of a

measure that receives more “yes” votes is the one that goes into effect.

In November of 2022, that would have been the case with the big-money battle between competing online sports betting measures, one sponsored by national giants in the industry, the other by some Native American tribes. But voters rejected both measures decisively, though the campaigns spent more than \$570 million combined, nearly twice the previous record.

One of the most recent examples was in 2016, when there was Proposition 62 to repeal the death penalty, but also Proposition 66 to speed up the appeals process for capital punishment by putting trial courts in charge. Because 51.1 percent of voters approved Proposition 66, it superseded Proposition 62, approved by only 46.8 percent.

In 2010, Proposition 20, a measure adding congressional redistricting to the duties of an independent redistricting commission, competed with Proposition 27, which aimed to disband the commission. Proposition 27 failed.

And on the 1988 ballot, Californians faced five competing initiatives on car insurance reform. Voters passed just one. Also in 1988, Proposition 68 and Proposition 73 went head-to-head on the regulation of political campaign contributions. Proposition 73 received more “yes” votes, and after a legal battle, the California Supreme Court ruled it would take effect — only to be later tossed out by another lawsuit.

This story was initially published by CalMatters, a nonprofit, nonpartisan newsroom dedicated to explaining California policy and politics.

What's Good

New Digs for Il Forno and Obento

Story and photos by
Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Il Forno, Fortuna

The people of Fortuna have evidently mastered manifestation, perhaps connecting with their namesake goddess. One can only assume this from the imminent opening of a larger branch of the Asia's Best market there and a second location for the Garberville-based Il Forno Bakery (1006 Main St., Fortuna). What candles are you lighting, Fortunans?

The chai doughnut is rumored to be a stellar spoke in the rotation but stopping in on a day when the lemon and poppyseed was on the counter felt like luck (\$2.50). The tangy white icing is thick over the raised yeast doughnut, which is fluffy and moist, with a light stretch when you pull it apart. Lemon is an overlooked flavor for doughnuts and the frosting on this one is downright juicy.

The fox-brown, laminated croissants are a draw, particularly the weighty almond variety (\$6.95). Slivers, rather than slices, crunch on top, ground almond filling inside, and powdered sugar and crumbs everywhere. Wear the flakes with pride. Those of us who know the moist, nearly custardy richness sandwiched in these somewhat smashed looking relics of French excess will recognize the spray of crumbs and sugar on your shirt and know you.

The peanut butter and jelly cake (\$8.95) is not to be ignored, either. Fudgy chocolate layers are perhaps richer than necessary in a cake mortared together with salty-sweet peanutty buttercream, ganache and strawberry jam, but surely there are other aspects of your life where moderation is better practiced. (Work, perhaps?) Lady Fortuna, after all, favors the bold.

Obento in Northtown

Quarter-century soup stalwart Japhy's only closed in May, and while its fans are still scrambling to recreate its curry chicken soup at home a month and a half later, the spot already has a new tenant taking up the mantle of affordable eats. Obento co-owner Maya Matsumoto is opening an outpost of the casual Japanese spot there (1563 G St.) in the coming months, with the blessing of Japhy's founders, who also own the building.



Maya Matsumoto serving *okonomiyaki* at Obento's 2023 Oyster Fest booth.

"We were very fortunate to be recommended to the owners Josh and Miwa [Soloman], and we made our pitch," says Matsumoto.

The hunt was already on for a new spot for Obento, according to Matsumoto, but the campus lockdown in reaction to student protests in May moved the timetable up. Being blocked from entering campus meant the loss of business from hungry students during finals, as well as inventory. "We definitely lost a lot of product," she says, adding with a rueful laugh, "It gave us some time to focus on finding another location."

Obento will remain open at its Depot location on the Cal Poly Humboldt campus. Matsumoto hopes to bring some of the elements that have made the business popular with students to the Northtown show, while also adding some new menu items. The plan, she says, is to "keep it cheap, keep it somewhere you can go to for lunch a couple times a month without being ridiculous." The warm rice bowls and other grab-and-go items sell well at the Depot, she says, and she's looking forward to offering them to working folks looking for reasonable lunches.

"We're really aiming to do ... grab and go," she says. "We're inspired by the Japanese convenience stores like Family Mart," which offers pre-packed boxes of sushi, sandwiches and rice dishes. There'll also be tables and a dine-in menu featuring some items best served right away. "We're going to bring back the sushi taco," a wonton shell with sushi rice, fish, sunomono salad, spicy mayo and "all the fixins," she says.

"There's a lot of Japanese food and sushi in Arcata," says Matsumoto, noting Obento's specialty is its modern twist on everyday Japanese food. "We wanna be different, we wanna offer something that's not already available." ●

Share your tips about What's Good with Jennifer Fumiko Cahill (she/her), arts and features editor at the Journal, at jennifer@northcoastjournal.com.

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NCJ ART BEAT

Lily Haas' Muse is Nature

By Louisa Rogers

artbeat@northcoastjournal.com

"I've been making art since as far back as I can remember," says sculptress Lily Haas. "I still remember my ... ceramics class in second grade." From the beginning, she says she has used art feel grounded. Her relationship with clay offered her a vehicle for self-investigation and expression, and a place where she felt more accepted and at ease than elsewhere. "Art and sculpture have been the language I used before I found the words, skills and confidence to be myself out in the world." She believes what she calls her "fairly introverted and neuro-divergent" personality are strengths in art-making, but not always helpful in navigating the world.

"I grew up in Southern Humboldt, near Briceland on a 40-acre mixed tan oak forest play-

ground," Haas says, and she's kept close to her roots, artistically and otherwise. She has shared her work at a variety of North Coast events, including the Humboldt Bay Mycological Society's Mushroom Faire, Mendocino Botanical Garden's Art in the Gardens and this year's North Coast Open Studios. A selection of her smaller work is also on display at the Arts at Heart gallery in Shelter Cove. In 2022, she bought Phoenix Ceramic and Fire Supply, located in Arcata's Creamery District, adding another dimension to her connection with Humboldt and its ceramics community.

Haas says she's drawn to ceramics "because it's so tactile and there's so much you can do with three dimensional forms." The techniques and materials Haas uses keep evolving but her subject matter has stayed consistent over the years. She's inspired by nature, especially floral and fungal forms, which are her "absolute favorite places to get lost."

Rather than throwing on a potter's wheel, she prefers hand-building techniques, shaping most of her pieces from slabs, then using her fingertips and a variety of texturing tools to achieve different surfaces. The tools vary from traditional ones to random objects "that look like they'd be fun to poke clay with." A favorite is an auto detailing brush that, in Haas' hands, mimics the texture of moss. As for color, she tends to jump around with different finishing techniques, including layered glazes, under-glazes and acrylic paints, all applied by hand.

Sometimes she heads to the studio with a general idea of what she wants to make, other times she literally opens the heavy plastic bag of clay and lets her hands lead. She says her creativity is not



"Spore Queen"
by Lily Haas.
Courtesy of the artist



Lily Haas at work during North Coast Open Studios.
Photo by Louisa Rogers

her own, but rather is energy that flows through her when she's open, creates the right circumstances, and provides the right materials.

Haas first studied art at University of San Francisco but transferred to then Humboldt State University. Because she never thought she could create a livelihood doing ceramics, she double majored in graphic design, and now wishes she'd sought out artists who were able to sustain themselves by their art making as role models. "What I learned over time," Haas says, "is that I love the craft enough to keep finding ways to create, figuring out the business skills along the way."

The ceramic supply shop is one way she's found to support her creative life. She is deeply grateful to Noel Munn, the former owner of Phoenix, who was willing to facilitate the financing as long as she could find an artist like Haas who was both invested in the ceramics community and interested in buying the business. "It was a life-changing opportunity for me," Haas says.

Since buying Phoenix, Haas has had less time and energy for her creative practice, but "being an artist doesn't mean I'm always making art." Her creative energy is also channeled into building a social media platform or redesigning the studio's retail space. Still, this year she's happily found more hours to work with clay. She believes her time spent doing art in the studio is restorative and a gift,

like a generous friend.

Haas has found the Humboldt ceramics community to be deeply supportive as well. "It feels like we're in this together, the mission of keeping more dollars local, creating local jobs and having sweet local shops offering a shopping experience that's more than just a monetary transaction." She also enjoys the opportunity to be a role model for other women who question their ability to run a business.

And although there are challenges, like the occasionally overstimulating workload and the extra costs involved in running a small business in a remote area, she wouldn't trade the experience.

Nor would she trade her surroundings. Haas feels deeply connected to the natural beauty in Humboldt County, which she acknowledges is not her ancestral land. "I try to remember that there's no such thing as spending time 'in' nature, because I am a part of nature and inseparable from it. Nature, for me, is both kin and muse."

Her ultimate goal as an artist is to "mirror the joy, wonder and aliveness" she finds in the natural world. She believes that what we love as humans, we respect and protect. "The more often humans are reminded to fall back in love with nature, all of life benefits." ●

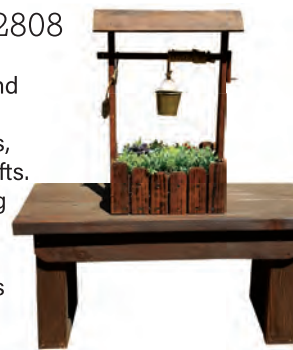
Louisa Rogers (she/her) is a writer, painter and paddleboarder who lives in Eureka and Guanajuato, Mexico.

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NCJ SETLIST

Summer Breeze

By Collin Yeo

music@northcoastjournal.com

“July is dressed up and playing her tune,” is the relevant line from this week’s headline song, a dark, soft rock masterpiece from way back when. The question is, are you listening and from where? For my own part, I am temporarily housebound, recovering from a wee medical thing from last week (I’m fine), and trying to teach myself how to appreciate downtime during a period that is traditionally very active. The heat wave helped and hurt: The desire to do the forbidden and swim in several different water spots drove me mildly insane, while lying in an oozing pile in the melting atmosphere did wonders for my healing process, my cells absorbing the ambient furnace and using its force to push everything along back to its right place and shape. Books helped, a friend had lent me a comic novella from last year, *Monica* by Daniel Clowes, which was a comet of a story burning through 20th century occultism into 21st century apocalypse. The only criticism I have is that it was done too soon. I’m also on the last book of James Ellroy’s *Underworld USA* trilogy, a vicious and regressive firing-squad stare-down at the brutal button men behind our mafia-state’s crimes of the century. Not for the light-hearted, these books are cruel and accelerate in atavistic violence until this third installment’s heavy story of demented hatred, personified by the character of J. Edgar Hoover losing his mind while still pulling plot-strands on his shuddering cobweb of evil. Summer reading for those who have long ago traded patriotic illusions of national benevolence for a sober vision of history and current events.

I also plan to read *Middlemarch* soon. Anyway, the heat has broken on the coast, the breezes continue, colder than last week, and we move ourselves all together, one more square forward, on summer’s boardwalk.

Thursday

Savage Henry Comedy Club is hosting a show at 9 p.m. featuring two comics from our neighbor state to the north. **Nathan Hart** and **Bert Walpack** are two comedians from the Eugene, Oregon, scene who

are jamming down the coast to share their wares with the Humboldt audience (\$10).

Friday

Fans of unusually structured pop with glowing variances of sonic fidelity, thematic purity and earnestness — another way of saying “DIY,” “indie” or “lo-fi,” along with many other genre descriptions that get tossed around a lot — should check out the Miniplex tonight at 8:30 p.m. because there is a stacked lineup. Samples, bedroom compositions, and revisitations of previous feelings rewired through several generations of electric soundware and scrolled into mutant player piano recitals of storytime are all possible tonight. Local acts **Chini Coolers** and **Manic Moth** provide a solid porchlight to coax out the fluttering tunes of touring pals **Nesey Gallons & Carousel Museum**, and **Pure Mothman & Fly, Tanager!** who are perhaps a little more folk punk than not, but it’s tough to tell from online content only. The \$10 cover is not much to find out for yourself.

Saturday

Two free gigs with very promising line-ups for a July night of solid entertainment, perhaps rowdy, even. Only problem is both are at 9 p.m. and nowhere near each other, so you’ll have to pick one. Over at the Shanty, **The Pine Hill Haints** are back in town and ready to slap the gutbucket and haunt the air with some hip shaking grooves from the Deadlands. Punk-brained bar rockers par excellence **The Smashed Glass** provide about the best local support available for this hootenanny.

Meanwhile, over at the Logger Bar, Barn Fire’s **Turtle Goodwater** is playing a solo set along with **Oaktop**, another fine pairing for those lucky enough to attend. Decisions, decisions.

Sunday

Summer means a great many things around here. Chief among them is a certain clustering of musical events as the weather hits peak shine, and the population reflects stalwart locals anchored in place amid a steady motion of tourists and newcomers, filling in the void left by



The Pine Hill Haints play the Shanty at 9 p.m. on Saturday, July 13.
Photo courtesy of the artists

departed students. One such cluster is Annie and Mary Day, the beginning tone of the Humboldt Folklife Festival. This year's free fun at Perigot Park has many diversions but music's my beat, and starting at high noon, you can catch the line-up of **All Wheel Drive, Bayou Swamis, Compost Mountain Boys and Dead On.** Enjoy.

Monday

All this talk of live music brings me to an interesting installment for my ongoing dead-night encomiums for musicians who died in 2023. I say interesting because this gentleman was not only someone who played more live gigs than a great many out there in his 62 years, but never quite got his due for it, genius player that he was. Plus, I knew him a little, as we moved in some of the same circles between New Orleans and his native Texas. I even played a show many years ago with one of his wild trios The Dead Kenny G's. I am talking about bassist **Brad Houser**, whose phenomenal, groovy and tasteful playing held down the bass clef section of many righteous jams. One which the reader is probably familiar with is the hit single "What I Am" by Edie Brickell & New Bohemians. Brad was a founding Bohemian, and played like hell on that incredible first record, and beyond. His years as a player in jazz and jam bands like Critters Buggin forged his legacy as a casually brilliant, pocket visionary of the best sort. Put that first New Bohemians record on and see for

yourself. "Shooting Rubberbands at the Stars," indeed.


Tuesday

As I mentioned earlier, music gigs tend to cluster in the Humboldt midsummer, a situation I have adapted to in the past and will again, God willing I am still helming this column in the unforeseen. I have since childhood been around some version of the Humboldt Folklife Festival and am perfectly happy to endorse it on into that previously mentioned unforeseen. Tonight's 7 p.m. gig at the Carlo Theatre belongs to our local songwriters, with **Melanie Barnett** (from Wild Abandon), **Jon Luddington** (Absynth Quintet, Canary and the Vamp), **Xeff Scolari** (Red Hot Shame) and **Sari Baker** all set as the talent on tap (\$7, \$5 folklife members).

Wednesday

The Folklife show goes on Under the Stars in the amphitheater, where a somewhat bigger, full band affair is happening beginning at 6 p.m. (\$15, \$12 folklife members, \$5 kids). **Kray Van Kirk, Rise and Bloom** and headliners **Huckleberry Flint** will be playing their sounds from the fade of day into the purple blush of evening's splendor. ●

Collin Yeo (he/him) notes that we do in fact exist in the context of all in which we live and what came before us. He lives in Arcata.



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Nightlife

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BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta (707) 733-9644		Thirsty Bear: Stand Up Comedy Night 8 p.m. Free, DJ Statik Comedy After Party 9:30 p.m. Free	Thirsty Bear: Johnny Young (country hits) 9 p.m. Free	Thirsty Bear: Karaoke Sundays 9 p.m. Free	
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake (707) 668-9770	Wave: Throw'em Back Night With DJ Statik 9 p.m. Free	Wave: The Undercovers (dance hits) 9 p.m. Free	Wave: Dr. Squid (dance hits) 9 p.m. Free		
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville (707) 839-2013		Treat Yourself Entertainment Karaoke 9 p.m.-1 a.m. Free			[M] Pool Tournament 6 p.m., [W] Treat Yourself Entertainment Karaoke 8 p.m.-midnight Free
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DELL'ARTE INTERNATIONAL 131 H St., Blue Lake					[T] Carlo Theatre: Folklife Festival Songwriter in the Round 7 p.m. \$7, \$5 HFS members, [W] Amphitheater: Folklife Festival Under the Stars 6 p.m. \$15, \$12 HFS members, \$5 kids

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Allen Biggs, marimba & vibraphone
Kathy Marshall, violin Vanessa Ruotolo, cello
7:00 pm Saturday, August 10th

Festival Strings Finale: Bach and Kibbe

Visual Artists join us for Brandenburg No.1
Plus a premier by composer Michael Kibbe
3:00 pm Sunday, August 11th

Live Classical Music & Visual Art Gallery

18 NORTH COAST JOURNAL • Thursday, July 11, 2024 • northcoastjournal.com

VENUE	THURS 7/11	FRI 7/12	SAT 7/13	SUN 7/14	M-T-W 7/15-7/17
FORTUNA MONDAY CLUB 610 Main St., (707) 725-7572			The Latin Peppers (high-energy salsa, Latin dance) 7:30 p.m. \$15		
FIELDBROOK WINERY 4241 Fieldbrook Rd., (707) 839-4140		Noir (jazz) 6 p.m. Free			
GYPPO ALE MILL 1661 Upper Pacific Drive, Shelter Cove (707) 986-7700			Blu Axis (blues, rock) 6-9 p.m. Free		
HISTORIC EAGLE HOUSE 139 Second St., Eureka (707) 444-3344		Phatsy Kline's: The Vatcher Brothers (indie alt.) 7:30-10:15 p.m. Free			
THE JAM 915 H St., Arcata (707) 822-4766	Hip Hop Thursdays (DJ) 9 p.m. Free				[M] Karaoke 9 p.m. Free, [W] Weds Night Ting (DJs)
THE LOGGER BAR 510 Railroad Ave., Blue Lake (707) 668-5000	Jeff Landen 8-10 p.m. Free	DJ Deaf Eye 9 p.m. Free	Night of Americana Country w/ Turtle Goodwater, Oak Top 9 p.m. Free		[W] Karaoke 8 p.m.
MADAKET PLAZA Foot of C St., Eureka	Fargo Brothers (rhythm and blues) 6-8 p.m. Free				
THE MADRONE TAPHOUSE 421 Third St., Eureka (707) 273-5129					[W] Reel Genius Trivia. 6-8 p.m. Free
MINIPIX 401 I St., Arcata (707) 630-5000		Nesey Gallons & Carousel Museum, Pure Mothman & Fly, Tanager!, Manic Moth, Chini Coolers 8:30 p.m. \$10		G.O.A.T Karaoke 8:30 p.m. two-drink minimum	
MOUNTAIN MIKE'S PIZZA - FORTUNA 1095 S Fortuna Blvd., Suite 48, (707) 777-7550					[T] Reel Genius Trivia. 6-8 p.m. Free
MOUNTAIN MIKE'S PIZZA - McKINLEYVILLE 1500 Anna Sparks Way, (707) 203-8500					[W] Reel Genius Trivia. 6-8 p.m. Free
PAPA WHEELIES PUB 1584 Reasor Rd., McKinleyville, (707) 630-5084			Live Music TBA 6-9 p.m.		
REDWOOD CURTAIN BREWERY & TASTING ROOM 550 South G St., #4, (707) 826-7222			Summer Music Series Live Music TBA 3-6 p.m. Free		
REDWOOD CURTAIN BREWERY MYRTLE AVE. TASTING ROOM, 1595 Myrtle Ave., Eureka, (707) 269-7143	Liv Music TBA 6-9 p.m. Free				[M] Trivia Night 6-9 p.m. Free
ROCKSLIDE BAR & GRILL 5371 State Route 299 Hawkins Bar	Jimi Jeff Jam Nite (Hendrix, Prince, funk, blues) 7:30 p.m. Free				
RAMPART SKATE PARK 700 South G St., Eureka (707) 826-0675		Cement Eater, Kult of Indifference, Crash Monroe (skate rock) 6-11 p.m. \$5			
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka (707) 845-8864	Drink & Draw 6 p.m. Free, Lauging Gas Comedy 9 p.m. \$10	X (stand-up) 7 p.m. Free, Scott Hoyle (stand-up) 9-11 p.m. \$10, The Latest Show 11 p.m. \$5	Comedy Workshop Showcase 7 p.m. \$5, Scott Hoyle (stand- up) 9-11 p.m. \$10, Braturday Night Live 11 p.m. \$5	Comedy Church 1-3 p.m. Free; Stand-up Comedy Workshop 7-8 p.m. Free; Sunday Open Mic 7 p.m. Free	[M] 2 Mics, 1 Dungeon 9 p.m. \$1, [T] Legally Savage 9 p.m. \$5 [W] Wednesday Open Mikey 9 p.m. Free
THE SHANTY 213 Third St., Eureka (707) 444-2053			The Pine Hill Haints, The Smashed Glass 9 p.m.		
SIX RIVERS BREWERY, TASTING ROOM & RESTAURANT 1300 Central Ave., McKinleyville (707) 839-7580		Lost Dogs (blues, rock) 6-8 p.m. Free	Redwood Revolution (alt., indie, classic rock) 5-8 p.m. Free	Reggae Brunch w/Irie Rockerz, DJ Deaf Eye, DJ Lion Issachar 11 a.m.-5 p.m. Free	
SPEAKEASY 411 Opera Alley, Eureka (707) 444-2244	Anna Hamilton Trio (original blues) 7-10 p.m. Free	Friday Night Jazz 8-10 p.m. Free	Jenni and David and the Sweet Soul Band (soul, funk) 7-10 p.m. Free		[T] Tuesday Night Jazz 7-10 p.m. Free
VISTA DEL MAR 91 Commercial St., Eureka (707) 443-3770	Treat Yourself Entertainment Karaoke 9 p.m.-midnight Free				



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Crabs Rally to Win Third Series in a Row

By Brandon Dixon

getout@northcoastjournal.com

After an exciting week that featured three walk-off wins and their first conference series victory, the Humboldt Crabs had seemingly turned things around after opening conference play 0-7. They'd get one day to enjoy it before embarking on a new week of challenges that included six games in six days.

Momentum can be fickle, especially in baseball. Tuesday night, they welcomed the Solano Mudcats to town for a three-game set, but the magic they had experienced the past week wasn't there and, after losing the opener 10-0, the Crabs and their faithful might have thought, "It was

fun while it lasted." But this team and this community are built different. Baseball players need to have a short memory to be able to turn the page, and Wednesday night the Crabs would storm back and do just that.

Billy Ham and Troy Harding would set the pace for the Crabbies offensively with two RBIs each. The real story would be the Crabs bullpen, which has been a strength all summer. University of California Davis product Max Hippenstell, fresh off a great performance in Sunday's extra-inning win, would take the mound again in absolute dominant fashion. He'd give up one hit over three scoreless innings, while striking



The Crabs celebrate a big series win.

Photo by Matt Filar

out seven to lock up his second win in four days. "Everything was working. My fastball was coming out of my hand well, and my change up was absolutely filthy," he said. Mad Max does not lack confidence — exactly what you want and need in a reliever. The Crabs would take game two with a score of 7-3, with a pivotal series-deciding game looming over the biggest home game of the year.

The Fourth of July in Arcata starts with the jubilee on the plaza, which never disappoints. The Crabs took to the square pregame to mingle with the locals and show appreciation to the community that shows them so much support. They signed autographs, shook hands, took pictures; some even took a turn getting soaked in the dunk tank. Then it was time to refocus on the task at hand.

In front of a raucous crowd of red, white and blue, and with six shutout innings from Caleb Ruiz, the Crabs would cruise to a 5-1 victory to not only win the day, but the series. Ty Kennedy would lead the offense with three hits and two RBIs.

The Crabs would have just enough time to shower, eat a hot dog and pack their bags before hitting the road to face the Medford Rogues and a heat wave the next morning. With temperatures on the field reaching 107 degrees, the Crabs would drop game one of the series 7-4. Saturday night, they'd roar back, showing the same resilience that is starting to define this team. After so many games in so many days, both teams would be pitching by committee. The Medford Rogues would run out seven different pitchers and neither team had anyone throw more than three innings. Hippenstell would continue his run of dominance with three more

scoreless innings and four more strikeouts, while Blake Ignaciak would add three scoreless frames of his own to pick up the win. The Crabs were paced offensively all weekend by Jett Ruby. The lead-off man had four hits and three RBIs. Collin Callahan added two hits and three RBIs, while Ham drove in two runs and reached base five times. The Crabs would win this battle of attrition 9-7, and roll into Sunday's contest with a chance to win their third series in a row.

On get-away day it would be all Crabs. The good guys came out swinging and put things out of reach early. Ruby, Callahan and Ham would all have multiple hits. Jehee Lee added two hits and three RBIs, and Keoni Coloma added his first homerun of the summer and five RBIs. Southpaw Nolan Long gave up one run over five innings to pick up his fourth win of the summer.

The Crabs were back home this week starting Tuesday, July 9, against the Alameda Anchors (no score was available as of press time). They'll also host a weekend series against the West Coast Kings.

Heckle of the Week

To the Solano Mudcat pitcher: "You're getting lit up! At least it's the Fourth of July. You're festive!"

And later to the same pitcher: "Taco Bell is hiring!" ●

Brandon Dixon (he/him) is a former All American who played college baseball for Orange Coast College, Point Loma Nazarene and the Peninsula Oilers. Husband and father to two little girls, he's also the host of The Brando Show podcast.

HUMBOLDT
ASSOCIATION OF REALTORS, INC.

GRAND OPENING

The Humboldt Association of Realtors is excited to announce our grand opening event for our new facility in Old Town Eureka.

Please join us from 5 PM - 7 PM

July 18, 2024

220 1st Street, Eureka, CA 95501

This event is open to the public! Let us know if you plan to attend - RSVP by visiting the link below
harealtors.com/event-calendar

Calendar July 11 – 18, 2024



Photo by Mark Larson

All aboard! It's time for Blue Lake's 55th **Annie & Mary Day** happening **Sunday, July 14**, from **11 a.m. to 5 p.m.** at **Perigot Park** (free). The annual celebration, sponsored again by the Blue Lake Chamber of Commerce, features a parade, car show, live music, food and craft vendors, and new this year, speeder train rides on portable tracks laid by the Timber Heritage Association. The event, named after two early 20th-century railroad clerks, honors Blue Lake's history while offering modern family fun.



Photo by Mark Larson

Humboldt County's musical talent takes center stage at the annual **Humboldt Folklife Festival**, running **July 14-20** in beautiful **Blue Lake**. The week-long celebration kicks off with the previously mentioned Annie & Mary Day. Highlights of the musical week include Songwriter Night at Dell'Arte's Carlo Theater, outdoor performances by local favorites like Huckleberry Flint and Cadillac Ranch (featuring their new horn section), and a barn dance on Friday. The festival culminates in Saturday's All Day Free Festival, showcasing 16 bands, workshops and the popular Beatles Singalong. For a complete schedule and tickets, visit humboldtfolklife.com.



Photo by Mark Larson

As underscored by the face-melting heat wave of last week, we are in the thick of July. And the thick of July means bulls and blood, dust and mud, and the roar of a Sunday crowd. That's right, it's rodeo time. The 103rd **Fortuna Rodeo**, an activity-packed, week-long event, takes place at the **Fortuna Rodeo Grounds at Rohner Park** from **July 13-21**, and offers something for everyone. There's adrenaline-pumping bull and bronc riding competitions, mouthwatering barbecue, exciting carnival rides and high-octane motorsports events. The festivities also include a parade, live music performances, a chili cook-off, 5k run, pancake breakfast, kids' games and more. For a detailed schedule of events, see the official Rodeo Guide pullout in this week's *Journal* or head to fortunarodeo.com.

11 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

MUSIC

Eureka Summer Concert Series. 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. Open-air concert by the bay every Thursday during summer except July 4. July 11: Fargo Brothers (rhythm and blues), July 18: Jacob Westfall (country). Free.

THEATER

Daytime Disco Workshops and Parade with Trash Mash-Up. 12:30-2 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Drop-in art and music-making activities for all ages. Free. trashmashup@gmail.com. trashmashup.org.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. Dell'Arte International presents the 34th festival (formerly the Mad River Festival) of theater, entertainment, music and performance. This year also marks the 50th anniversary of Dell'Arte International's home in Blue Lake. dellarte.com.

FOOD

Henderson Center Certified Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fruits and vegetables, baked goods, jams, nursery plants, music and hot food vendors. No pets allowed, but trained, ADA certified, service animals are welcome. CalFresh EBT customers receive a market match at every farmers market. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/henderson-center.html. (707) 441-9999.

Willow Creek Certified Farmers Market. 10 a.m.-1 p.m. Veteran's Park, Gower Lane, Willow Creek. Fruits and

vegetables, fish, music and hot food vendors. No pets allowed, but trained, ADA certified, service animals are welcome. CalFresh EBT customers receive a market match at every farmers market. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/willowcreek.html. (707) 441-9999.

GARDEN

Community Compost Drop-Off. 11 a.m.-2 p.m. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. Redwood Community Action Agency offers food waste drop-off (up to 5 gallons/week). Bring kitchen or yard food scraps and help build compost for the community u-pick garden at the reserve. Email or call to sign up. Sliding scale donation to \$10. mdrummond@rcaa.org. (707) 269-2071.

OUTDOORS

Nature Quest. 3-6 p.m. Headwaters Forest Reserve, End of Elk River Road, 6 miles off U.S. Highway 101, Eureka. Explore trails and share mindfulness practices, group conversation and other eco-therapeutic activities. Transportation available for Eureka residents. Call to pre-register. Free. chaskell@eurekaca.gov. eurekaheroes.org. (707) 382-5338.

SPORTS

Lost Coast Cornhole League Night. Second Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Monthly league nights are open to all ages and skill levels. Registration opens at 5 p.m. Games at 6 p.m. Different format each week. Bags are available to borrow if you do not own a set. Drinks available at the Canteen. Outside food ok. \$15. mike@buffaloboard.com. TBA.

12 Friday

ART

Arts! Arcata. Second Friday of every month, 4-8 p.m. Arcata Plaza, Ninth and G streets. Businesses all across

Arcata stay open late with music, art on display, live art and more. gloria@arcatachamber.com. arcatachamber.com. (707) 897-6004.

Life Drawing Sessions. 10 a.m.-noon. Redwood Art Association Gallery, 603 F St., Eureka. Hosted by Joyce Jonté. \$10, cash or Venmo.

BOOKS

Book Sale. 4-5 p.m. Arcata Library, 500 Seventh St. Plenty of media and a large assortment of books. Children's books are free. In the community room at the library across from city hall. \$3 per bag. friendsofthearcatalibrary@gmail.com. friendsofthearcatalibrary.org. (707) 840-5308.

Weekly Preschool Story Time. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers. Other family members are welcome to join in the fun. Free. manthony@co.humboldt.ca.us. humlib.org. (707) 269-1910.

SPOKEN WORD

Martinis in the Labyrinth. 7 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. An evening of poetry by Pat McCutcheon and John Cooper. McCutcheon will be reading from her book *Through the Labyrinth*, and Cooper from his book *Garage Martinis*. Followed by a reception. huuf.org.

THEATER

Redwood Curtain Presents A Queer Cabaret! 8 p.m. 5th and D Street Theater, 300 Fifth St., Eureka. Redwood Curtain Theatre is extending Pride Month into July. Join performers for a night of musical theater featuring songs from classics like *The King and I* to modern hits like *Wicked*. This fundraiser will include signature cocktails and a 50/50 raffle. Tickets online. \$20. redwoodcurtain.com.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Free Healthcare Clinic. 7 a.m.-5 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. CA CareForce Humboldt County Clinic is open to the public on a first-come, first-served basis as capacity allows. No ID required. Dental, medical or vision services offered and provided at the discretion of the healthcare provider. Medical and general volunteers needed. Sign up online. Free. californiacareforce.org/Clinics/Upcoming-Clinics#HU24.

Friday Night Market. 5:30-8:30 p.m. Old Town, Eureka, 317 Third St. A bustling farmers market, arts and craft vendors, bar featuring Humboldt-produced beverages, a variety of food vendors and live music for dancing on three stages. Free.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Weekly Preschool Storytime. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers and other family members. Free. manthony@co.humboldt.ca.us. humboldt.gov/Calendar.aspx?EID=8274. (707) 269-1910.

FOOD

Garberville Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Meat, eggs, produce, oysters, plants, mushrooms, jam, hot food and art. No pets are allowed, but trained, ADA certified, service animals are welcome. CalFresh EBT customers are able to receive a market match at every farmers market. (707) 441-9999.

MEETINGS

Language Exchange Meetup. Second Friday of every month, 5-7 p.m. Familia Coffee, 1350 Ninth St., Arcata. Speak your native language. Teach someone a language. Learn a language. famiiacoffee.com/. (925) 214-8099.

13 Saturday

ART

Jonté and Marak Exhibit and Reception. 4-6 p.m. Arcata Artisans Gallery, 883 H St. Reception for painter Joyce Jonté and ceramic artist Lou Marak. Free.

Second Saturday Family Arts Day. 2-4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Create oil pastel landscapes on toned paper in the rotunda after exploring Peter Holbrook's work on exhibition for inspiration. With guidance from art educator Genevieve Kjesbu. All materials supplied. \$5 suggested adult, free for kids. humboldtarts.org.

BOOKS

Book Sale. 11 a.m.-4 p.m. Arcata Library, 500 Seventh St. See July 12 listing.

MUSIC

Latin Peppers. 7:30 p.m. Fortuna Monday Club, 610 Main St. High-energy salsa and Afro-Cuban-inspired Latin dance music. \$15.

THEATER

The Little Mermaid Storytime and Sing A Long with HLOC. 1-2 p.m. Eureka Library, 1313 Third St. Join the Humboldt Light Opera Company for a special story and singalong with Ariel and other cast members *The Little*

Continued on next page »

Mermaid. Free. flujan@co.humboldt.ca.us. humlib.org. (707) 269-1910.

Redwood Curtain Presents A Queer Cabaret! 8 p.m. 5th and D Street Theater, 300 Fifth St., Eureka. See July 12 listing.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Bigfoot Daze. Veteran's Park, 100 Kimtu Road, Willow Creek. A family-friendly festival with a downtown parade, activities at Veterans Park including live music, food and vendor booths, ice cream social and more. Free. willowcreekchamber.com/bigfoot-daze/.

Fortuna Rodeo. Fortuna Rodeo Grounds, at Rohner Park. A full week of rodeo action. Bull and bronc riding, barbecue, carnival, motorsports, parade, bands, brews and more. Full schedule online. July 13-21. fortunarodeo.com.

Free Healthcare Clinic. 7 a.m.-5 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. See July 12 listing.

Loleta Community Wide Yard Sales. 8 a.m. Loleta Downtown Park, 271 Main Street. Dozens of sales all over the Loleta Community. A map of sales will be available the day of the event at the Loleta School.

FOR KIDS

Children's Building Grand Opening. 11 a.m.-1 p.m. New Heart Community Church, 1490 Murray Road, McKinleyville. A bounce house, hot dogs and walk throughs of the remodeled building. Pastor Dwayne Petty and the Children's Director Kari Steen will be available to meet and answer questions. Free. office@newheart.com. newheart.com. (707) 839-8015.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt-County-Grown and GMO-free produce along with plants, meats and other products. Live music.

Pancake Breakfast. Second Saturday of every month, 9 a.m.-noon. Salvation Army, 2123 Tydd St., Eureka. Fundraiser to benefit the local community. Pancakes, sausage, eggs, and coffee will be served. \$8, children/seniors \$5. stephanie.wonnacott@usw.salvationarmy.org. (707) 442-6475.

GARDEN

Sequoia Park Ivy League. 9 a.m.-1 p.m. Sequoia Park, 3414 W St., Eureka. Help remove invasive ivy. Drop in between 9 a.m. and 1 p.m. Meet at the Glatt Street Fountain at Glatt and T streets. All supplies and training provided. This event is kid-friendly, but kids need to be accompanied and managed by their guardian/s. Free. hatwood@eurekaca.gov. facebook.com/events/458965996748166/. (707) 441-4218.

OUTDOORS

Arcata Marsh and Wildlife Sanctuary Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet trip leader Cindy Moyer at the end of South I Street (Klopp Lake) for easy-to-walk trails and an opportunity to view a diverse range of shorebirds, migratory songbirds and raptors and resident birds likely engaging in breeding activities. Free. rras.org.

Dune Restoration Volunteer Day. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Restore the biodiversity of the coastal dunes with the team. Snacks and tools provided. Meet at the center a few minutes before 10

a.m. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

FOAM Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Barbara Reisman at 2 p.m. in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on marsh history, wastewater treatment through natural processes, and native/invasive plants. Free. (707) 826-2359.

Guided Sea Level Rise Walk. 2-3:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet on the deck of the Interpretive Center at 569 S. G St. at 2 p.m. for a 90-minute experience. No dogs, please. Get acquainted with 350 Humboldt and learn more about what a climate action group does. free. 350humboldt@gmail.com.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Habitat Restoration Volunteer Work Day. 9 a.m.-noon. Trinidad State Beach, Trinidad State Beach. Volunteers will work with park staff to remove invasive species such as English ivy from various locations. Gloves and tools provided. All participants will receive a free day pass to Sue-meg State Park. Wind/rain/smoke may cancel. Please meet at the corner of Stagecoach and Anderson roads. Free. desten.mertens@parks.ca.gov. (707) 677-3109.

Nature Quest Day Walks. 10 a.m.-5 p.m. Headwaters Forest Reserve, End of Elk River Road, 6 miles off U.S. Highway 101, Eureka. Redwood hikes, reflective practices and more. See flyer for more information.

SPORTS

USA Women's Soccer Watch Party. 12:30-3:30 p.m. The Summitt, 1507 G St., rooftop, Arcata. USA vs. Mexico. thesummittsportsbook.com.

ETC

Old Town Tour. Noon. Historic Old Town Eureka, Second Street. Join an experienced guide for a 90-minute narrated walking tour of Old Town. Tour starts and stops in front of the Clarke Museum, corner of Third and E streets. Free. eurekamainstreet.org.

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

14 Sunday

ART

Trinidad Artisans Market. 11 a.m.-3 p.m. Murphy's Market Deli, Trinidad, 1 Main St. Art, crafts, live music and barbecue every Sunday through Sept. 13. Free. murphysmarkets.net. (707) 834-8720.

DANCE

Afro-Fusion Feel and Flow. 11 a.m.-12:30 p.m. The Sanctuary, 1301 J St., Arcata. Explore and enjoy a fusion of West African movements from Guinea, Senegal, Liberia, Congo and Mali with the genre of Afro beats and traditional West African drumming. \$10-\$15. together@sanctuaryarcata.org. sanctuaryarcata.org. (707) 822-0898.

MUSIC

All Seasons Orchestra "Standards for the Summer-time" 2-4 p.m. Eureka Woman's Club, 1531 J St. Enjoy

the sounds of summer with seven nostalgic tunes. Free. don.w.bicknell@gmail.com. allseasonsorchestra.org. (707) 599-4691.

EVENTS

Annie & Mary Day. 11 a.m.-5 p.m. Perigot Park, 312 South Railroad Ave., Blue Lake. A celebration of the historic Arcata Mad River Rail Line, featuring a parade, music, food, car show and craft vendors. New this year: speeder train rides. Free admission.

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Humboldt Folklife Festival. Blue Lake, Off State Route 299, Exit 5. A week of music, dance, workshops and food/beverages at Dell'Arte featuring local talented musicians with folk music from around the world. humboldtfolklife.com.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

OUTDOORS

Second Sunday Cycling Tour of the Arcata Marsh. Second Sunday of every month, 2-3:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Andy Feinstein leads a 90-minute tour focusing on wetlands, wildlife and wastewater treatment. Heavy rain cancels. Free. (707) 826-2359.

15 Monday

ART

Life Drawing Sessions. 6-8 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See July 12 listing.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Fortuna Chili Cookoff. 5-7 p.m. Fortuna Main Street and Downtown, Main Street. More than 25 unique chilis to sample. Plus lemonade by Easy Squeazy Lemonade, fizzy mocktails by Humboldt Distillery, food by Fat Anne's food truck and live music by Sequoia Rose. Free entry. office@fortunachamber.com. (707) 725-3959.

Humboldt Folklife Festival. Blue Lake, Off State Route 299, Exit 5. See July 14 listing.

FOOD

Dinner and Bingo. Third Monday of every month, 5-8 p.m. Van Duzen River Grange, 5250 State Route 36, Carlotta. Enjoy a family-friendly dinner (menu changes monthly), then test your luck with bingo. All ages. \$10 dinner, \$10 for 10 bingo cards. vanduzengrange@gmail.com. instagram.com/vanduzengrange. (707) 296-4161.

Miranda Farmers Market. 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Fresh produce, mushrooms, beef and pork, eggs, honey, crafts, body products, jams and plants. (707) 441-9999.

ETC

Homesharing Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area I Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@alaa.org. alaa.org/homesharing. (707) 442-3763.

16 Tuesday

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.



Humboldt Folklife Festival. Blue Lake, Off State Route 299, Exit 5. See July 14 listing.

FOOD

Fortuna Certified Farmers Market. 3-6 p.m. 10th and Main streets, 10th and Main streets, Fortuna. Fruits and vegetables, crafts, music and hot food vendors. No pets allowed, but trained, ADA certified, service animals welcome. CalFresh EBT customers receive a market match at every farmers market. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/fortuna.html. (707) 441-9999.

Old Town Certified Farmers Market. 10 a.m.-1 p.m. Old Town Gazebo, Second and F streets, Eureka. Fruits and vegetables, bread, donuts, jam, crafts and live music. No pets, but trained, ADA certified, service animals are welcome. CalFresh EBT customers are able to receive a market match at every farmers market. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/oldtown.html. (707) 441-9999.

Shelter Cove Farmers Market. 11 a.m.-3 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. In-season produce, veggie starts, plants, grass-fed beef, pastured poultry and eggs, flowers, soap, herbal products and arts and crafts. gyppo.com. (707) 441-9999.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. (707) 599-4605.

ETC

English Express: An English Language Class for Adults. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. (707) 443-5021.

17 Wednesday

BOOKS

Family Storytime. Third Wednesday of every month, 3:30 p.m. Blue Lake Library, 111 Greenwood Ave. Enjoy stories with local storyteller Kit Mann every third Wednesday of the month. For children of all ages with their caregivers and other family members. Free. humlib.org. (707) 668-4207.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Humboldt Folklife Festival. Blue Lake, Off State Route 299, Exit 5. See July 14 listing.

MEETINGS

Mother's Support Circle. Third Wednesday of every month, 10 a.m.-noon. The Ink People Center for the Arts, 627 Third St., Eureka. Mother's Village circle for mothers with a meal and childcare. \$15 to attend, \$10 childcare, sliding scale spots available. (707) 633-3143.

18 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. See July 11 listing.

MUSIC

Eureka Summer Concert Series. 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. See July 11 listing.

EVENTS

Baduwa't Festival. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Humboldt Folklife Festival. Blue Lake, Off State Route 299, Exit 5. See July 14 listing.

Lost Coast Kennel Club Agility Trials. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Lost Coast Kennel Club presents its annual agility trials, barn hunt and FCATs. LostCoastKC.org.

FOOD

Henderson Center Certified Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See July 11 listing.

McKinleyville Certified Farmers Market. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Fruits and vegetables, music and hot food vendors. No pets, but trained, ADA certified, service animals are welcome. CalFresh EBT customers are able to receive a market match. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/mckinleyville.html. (707) 441-9999.

Willow Creek Certified Farmers Market. 10 a.m.-1 p.m. Veteran's Park, Gower Lane, Willow Creek. See July 11 listing.

GARDEN

Community Compost Drop-Off. 11 a.m.-2 p.m. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. See July 11 listing.

OUTDOORS

Nature Quest. 3-6 p.m. Headwaters Forest Reserve, End of Elk River Road, 6 miles off U.S. Highway 101, Eureka. See July 11 listing.

SPORTS

Lost Coast Cornhole League Night. Third Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. See July 11 listing.

Heads Up ...

Call to artists. The upcoming Centro del Pueblo exhibit "Honor Our Voice Dismantled Borders" seeks talents from different disciplines. Indigenous, Latinx, Migrant, BIPOC, LGBTQ+2s artists of any form of traditional art may apply. For more information: cdpoutreach@cdpueblo.com, or txt (707) 298-5069. Deadline is July 26.

The Redwood Art Association is hosting an "in-gallery" judged exhibition North Coast Lens Photography and Digital Art Exhibition July 17-Aug. 16. Online entry is available at redwoodart.net. In person entries will be accepted at the Redwood Art Association Gallery on Saturday, July 13 from 10 a.m. to 3 p.m. Online entry is preferred. For a complete list of rules go to redwoodart.net and click on North Coast Lens-2024.

The Arcata Marsh Interpretive Center seeks weekend volunteers to stay open. Shifts are 9 a.m. to 1 p.m. or 1 to 5 p.m., Saturdays and Sundays, and include welcoming visitors, bookstore register, and answering questions. You must be at least 18, complete paperwork and fingerprinting (free through Arcata Police). One-on-one training. Call (707) 826-2359 or e-mail amic@cityofarcata.org.

Become a volunteer at Hospice of Humboldt. For more information about becoming a volunteer or about services provided by Hospice of Humboldt, call (707) 267-9813 or visit hospiceofhumboldt.org.

NCJ FIELD NOTES

Observational studies vs. randomized trials.

"Vitamin D Supplements May Be a Double-Edged Sword," YouTube, courtesy of Dr. Perry Wilson

Disease Condition	Observational Study	Randomized Trial
Cancer	Low levels = More cancer	26,000 patients supplement vs. placebo - no difference
Cardiovascular disease	Low levels = More cardiovascular disease	26,000 patients supplement vs. placebo - no difference
Diabetes	Low levels = more diabetes incidence	2,400 pre-diabetics supplement vs. placebo - no difference
Falls	Low levels = more falls	409 at-risk supplement vs. placebo - no difference
All-cause mortality	Low levels = more deaths	36,000 women vitamin D vs. placebo - no difference

Rise and Fall of the “Sunshine Vitamin,” Part Two

By Barry Evans

fieldnotes@northcoastjournal.com

Last week, I outlined the importance of vitamin D for healthy bodies and how recommendations for adequacy published in 2011 were, in retrospect, far too extreme. To understand why vitamin D assumed such a huge role in the health of the nation — vitamin D tests are still the fifth-most-common Medicare-funded lab tests — it's worthwhile to compare “observational studies” with “randomized trials.” Observational studies simply note a correlation. Say you notice that people with lighters in their pockets are more prone to get lung cancer than those without lighters. It doesn't say that lighters cause lung cancer, it simply notes the correlation without citing the probable connection, i.e. smoking. (This example is from Christopher Labos delightfully skeptical book, *Does Coffee Cause Cancer?* which takes on the vitamin D controversy, among others.)

About a decade ago, a slew of observational studies found that low vitamin D levels were associated with increased risks of cancer, cardiovascular disease, diabetes and falls. However, when researchers followed through with randomized trials that involved tens of thousands of participants (the gold standard for medicine), there was no correlation: Those taking placebos showed no differences from those taking vitamin D supplements.

This seems to be a classic case of “correlation isn't causation.” Instead of assuming that low vitamin D levels caused cancer, cardiovascular disease, etc., researchers looked for something else that might cause both the diseases and the low vitamin D levels. How about something as simple as, people taking vitamin D supplements are particularly health-conscious and motivated to take care of their bodies through exercise, good diet and enough sleep? Or: If you're sick, you don't get outside much, so you're not getting your vitamin D from sunshine? And so on.

The associate director of the Bone Density Center at Massachusetts General Hospital, Dr. Joel Finkelstein, with his colleagues, published a study of over 2,000 perimenopausal women over a 10-year period. They found

that for these women, who are prone to a higher bone fracture risk than most people (because menopause reduces the body's available vitamin D for bone strengthening), blood vitamin D levels less than 20 nanograms/milliliter were indeed associated with a slightly increased risk of fractures, and supplementation was warranted. However, and in contrast with the Endocrine Society's 2011 recommendations, they stated, “For the vast majority of healthy individuals, levels much lower, 15, maybe 10, are probably perfectly fine.”

And now, according to a June 3, 2024, press release, the Endocrine Society has (finally) adopted new guidelines: “Healthy adults under the age of 75 are unlikely to benefit from taking more than the daily intake of vitamin D recommended by the Institutes of Medicine (IOM) and do not require testing for vitamin D levels ... For children, pregnant people, adults older than 75 years and adults with high-risk prediabetes, the guideline recommends vitamin D higher than the IOM recommended daily allowance.” (Which, assuming minimal sun exposure, is 400 IU of vitamin D daily; “those 71 years and older may need up to 800 IU daily.”)

According to Finkelstein's study, in addition to perimenopausal women, people in some other groups who are at risk for a true deficiency should have their vitamin D levels checked and possibly take supplements. They include: dark-skinned people who don't get outdoors much; people with anorexia nervosa; those who have had gastric bypass surgeries; people who suffer from malabsorption syndromes; those diagnosed with osteopenia or osteoporosis; and pregnant and lactating women.

Which leaves most of us. We're doing fine and don't need to take vitamin D supplements. All this information is readily available online or in magazines and books, so please don't take my word for it. Your doctor knows best. ●

Barry Evans (he/him, barryevans9@yahoo.com) is not a physician. EMT certified yes, doctor no.



Walking into work on time for once.

Maxxxine

Maxxxine's Bloody Point

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

MAXXXINE. Slashers, a storied genre that runs from the comic and campy to the psychologically complex, following the bloody progress of a (mostly) unseen killer as they cut down a cast with brutality and/or sometimes goofy creativity to enact vengeance or work out some issues, aren't for everyone. Honestly, they mostly aren't for me. As much as I love horror and violent action movies, the slow march of the masked killer toward their panicking victims doesn't hold interest. Exceptions include the *Fear Street* series (2021), and Final Girl-centric movies that function more like action-thrillers, like *You're Next* (2011), the latter of which I'd avoided for years because, well, slashers aren't for me. But the tension in these is held in the teeth of its leads and the grit of their characters. Nor do they seem fixated on the standard pairing of boobs and blood that always creeps me out in exactly the wrong way.

While *Maxxxine*, director Ti West's third installment in series kicked off by *X* (2022) and the prequel *Pearl* (2022), holds some promise in that regard, the movie falls into the genre pitfalls it seems to mean to skewer. Mia Goth's strange and steely presence as Maxine Minx, survivor of the first film's massacre of the cast and crew of a rural porn shoot, offers an unblinking view of Hollywood hypocrisy and an impressive path to self-actualization. But while continuing to follow the trail and thematic strands of the previous movies might work in terms of the series as a whole, it may have weakened this

chapter as a stand-alone work.

In 1985, amid Satanic panic and the Nightstalker killings, Maxine, preacher's daughter turned porn star (if "star" means still having to take shifts in the peep booths at Show World) is trying to break into Hollywood. It's tough out there, but Maxine may be tougher, not blinking when she's asked to show her breasts at an audition or hesitating to dispense punishment when confronted by a would-be attacker. Snagging the lead in a horror sequel (wink, wink) directed by the demanding and freakishly poised Elizabeth Bender (Elizabeth Debicki), who delivers cryptic advice and admonishments, she seems on her way. Maxine is determined to make the most of her shot, despite being harassed by a sleazy detective (a greasy Kevin Bacon) hunting her down for an unknown client and threatening to reveal her as a killer, or the fact that other young women she knows in the industry are turning up dead with occult markings.

The immersion into high-neon 1985 is a feat of set design and costuming, though the *Risky Business* font of the credits does a lot of lifting there, too. Debicki is peak Ralph Lauren in her riding boots and shoulder-padded blazers and not a single detail is missed in the interiors, either. (Truly, only Goth's missing eyebrows seem out of place, like an AI rendering that skipped a humanizing feature.) And the nostalgia turns self-reflexive in a chase through a studio lot that careens through classic movie sets and leads to the *Psycho* house. Maxine's fixation on the house

harkens back to the old woman in *X* (also played by Goth in heavy prosthetics), as well as the misogynistic violence of the horror/slasher genre. The bloody scenes are straight homage, with a black leather-gloved killer's arm framed above the victim and blood spattering dramatically. Does it matter that it's not even a little unexpected?

As Bender speechifies about trying to say something important through a gory slasher picture amid right-wing Christian protests, she plants the question of *Maxxxine*'s message in the audience's mind. The manufacturing of fear is hard to criticize in a movie manufacturing fear, and it's equally difficult to comment on how much our culture is titillated by the spectacle of helpless female fear in a movie that showcases the same. The only thing that sticks is Maxine's singular will. It's just not enough to take us beyond the cheaper thrills of fake blood and rubber knives. R. 104M. BROADWAY, MILL CREEK, MINOR. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill.

NOW PLAYING

BAD BOYS: RIDE OR DIE. Regress to the 1990s (cops were funny and Florida seemed fancy) with the Will Smith and Martin Lawrence action-comedy sequel. R.

115M. BROADWAY.

DESPICABLE ME 4. Gru (Steve Carell) and family return to fight evil-er with Gru Jr. in tow. PG. 94M. BROADWAY (3D), MILL CREEK (3D), MINOR.

FLY ME TO THE MOON. Scarlett Johansson and Channing Tatum fake the moon landing just in case the real one goes sideways. PG13. 132M. BROADWAY, MILL CREEK.

HORIZON: AN AMERICAN SAGA CHAPTER 1. Three hours of post-Civil-War settler epic starring a push-broom mustache carried by Kevin Costner. R. 181M. BROADWAY.

INSIDE OUT 2. All the feels are back in this animated sequel, now with Anxiety! PG. 96M. BROADWAY, MILL CREEK (3D), MINOR.

THE LION KING: 30TH ANNIVERSARY. Hakuna-revival. G. 88M. BROADWAY, MILL CREEK.

LONGLEGS. Maika Monroe stars as a green FBI agent on the trail of a gruesome serial killer. With Nicolas Cage. R. 101M. BROADWAY, MILL CREEK.

A QUIET PLACE: DAY ONE. Horror prequel starring Lupita Nyong'o running on tiptoe. PG13. 100M. BROADWAY, MILL CREEK.

SOUND OF HOPE: THE STORY OF POSSUM TROT. Based on the true story of a Texas church congregation adopting 77 children. PG13. 127M. BROADWAY.

For showtimes call: Broadway Cinema (707) 443-3456; Mill Creek Cinema 839-3456; Minor Theatre (707) 822-3456.

WORKSHOPS & CLASSES

List your class – just \$5 per line per issue! Deadline: Friday, 5pm.
Place your online ad at classified.northcoastjournal.com
or e-mail: classified@northcoastjournal.com
Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane or visit www.sunyisarcata.com, (707) 825-0182.

Kids & Teens

FREE VACATION BIBLE SCHOOL. Ages 3-11, July 15-19, 9AM-Noon. Call for Pre-Registration Forms! Arcata First Baptist Church, 1700 Union St. Arcata 707-822-0367

Lectures

MESSY BOOKS CLEANUP COURSE - BUSINESS OWNERS looking for business owners with messy books to take part in a case study - free coaching and instructions on how to hire a good book-keeper to clean up messy books and generate usable financial statements. (707) 234-5515 deborah@futuresdata88.com <https://www.futuresdata88.com/small-business-pilot>

50 and Better

ETHICS OF CARE AT THE END OF LIFE WITH MARY BOCKOVER. This class will address how we might ethically provide care for the dying. What are the underlying principles and values for providing such care? What does it mean to really care for those who are dying? How are our actions an extension of this care? In-Person: Tues., July 16 - 10 a.m.- 12:30 p.m. OLLI members \$35. Sign up today! 707-826-5880 or humboldt.edu/olli.

NEUROGRAPHIC ART WITH LOUISE BACON-OGDEN. Lower your stress level by creating art. With a few simple lines -- even with your eyes closed -- you will have the structure to create a relaxing and beautiful design. Using almost any medium (no oil or acrylic), let your imagination soar. Examples will be presented. In-Person: Thurs., July 18 - 10 a.m.- 12 p.m. OLLI members \$35. Sign up today! 707-826-5880 or humboldt.edu/olli.

BIRD WALK: THE MA-LE'L DUNES WITH HAVEN LEWINTER. Birding enthusiasts of all levels will explore the Ma-le'l Dunes, learning bird identification, behaviors, and habitat ecology. The course offers hands-on field experiences to deepen appreciation for diverse bird species. In-Person: Thurs., July 20 - 12:00 p.m. - 2 p.m. OLLI members \$40. Sign up today! 707-826-5880 or humboldt.edu/olli.

LIVE & LOCAL CLASSICAL MUSIC PREVIEW: THE 2024-25 SEASON WITH ELIZABETH MORRISON. The Eureka Symphony, Eureka Chamber Music Series, and the Department of Music at Cal Poly Humboldt have lined up exciting seasons. A symphony by Emily Mayer, a piano concerto by Grazyna Bacewicz, Chokfi (that's "rabbit" in the Chickasaw language) by Jerod Impichchaachaaha'

Tate, and Handel's glorious Messiah with brilliant Humboldt County artists. Get ready, get excited, and plan to enjoy! Online: Thurs., July 25 - 4 - 6 p.m. OLLI members \$35. Sign up today! 707-826-5880 or humboldt.edu/olli.

OLLI 2024-25 MEMBERSHIP IS OPEN! OLLI members become part of a learning community where they get to actively choose the types of courses they want, attend special events designed just for them, and have the option to propose to teach a class, in which they have special academic or professional expertise. Open to ALL 18 and up, register or renew today! (\$35/year, July 1-June 30, non-refundable) 707-826-5880 or humboldt.edu/olli.

TAKE A CLASS WITH OLLI New! Registration for OLLI classes close 3 business days before the class start date. Anyone can take an OLLI class. Join OLLI today and get the member discount on classes. Non-members ad \$25 to the class fee listed. humboldt.edu/olli/classes

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com

Summer Fun/Sports & Adventures

SUMMER ROWING CAMP A two-week rowing camp for ages 12-17. New rowers welcome! Week-days, 4-6 pm beginning August 5. \$100 per session. To register or for more information: HumboldtBayRowingAssoc@gmail.org, or 707 267-7976. HBRA.org

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844-442-0711.

SEX/PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-499-0205, saahumboldt@yahoo.com

Vocational

ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit <https://www.redwoods.edu/community/Detail/ArtMID/17724/ArticleID/4916/Additional-Online-Classes>

INSTRUCTORS NEEDED: Bookkeeping (Quick-Books), & ServSafe Manager's Certification. Call College of Redwoods Community Education at (707) 476-4500.



YOUR CLASS HERE
442-1400 *314

CROSSWORD

By Matt Jones

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"TIDY UP" — ANSWERS NEXT WEEK!

ACROSS

1. Fencing sword
6. Like used briquettes
10. Add-ons in the self-checkout lane?
14. Slangy summons
15. Fencing sword
16. Alike, in Avignon
17. Single file
19. Long ride?
20. Front-of-book list, for short
21. Fails to be
22. Ab-building exercise
23. Bombarded, Biblical-style
27. Poem with a dedicatee
28. Top of the mouth
29. Forearm bone
32. "I ___ reason why ..."
34. Portrayed
37. Action seen in

DOWN

62. Pound, for one
63. "You're All ___ to Get By"
64. Small spot on a globe
65. Like doilies
66. Ancient Scandinavians

13. Pig feed
18. "... even ___ speak"
22. Hoity-toity type
24. Wander
25. Peaches and pears, e.g.
26. "Game of Thrones" actress Chaplin
29. Letters on Forever stamps
30. Sweetie, to Brits
31. Org. that has guards
32. Wakeup hour, for some
33. Ethyl or methyl follower
34. 1812 event
35. Do something
36. Field in a jigsaw puzzle, often
38. Cheapen
39. "The Horse Fair" painter Bonheur
40. Acidic

44. Quik maker
45. Big name in set diagrams
46. Coop up
47. Cold-shoulders
48. Monopoly buy
49. Storage spot
50. Awful, like some colds
51. Key near the double-quotes
52. Dramatis personae
53. Former "Top Chef Masters" host Kelly
56. Robert Louis Stevenson villain
58. Ending for spoon or scorn
59. TV chef Garten
60. "That's ___ brainer"

LAST WEEK'S ANSWERS TO THAT SOUNDS ROUGH

C	A	M	I		A	C	U	R	A		P	E	C	S		
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www.sudoku.com

su | do | ku

© Puzzles by Pappocom

HARD #69

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CITY OF FORTUNA
NOTICE INVITING BIDS

1. Bid Submission. City of Fortuna ("City") will accept sealed bids for its Sanitary Sewer CCTV Project ("Project"), by or before July 29th, 2024, at 4 pm., at Fortuna City Hall, located at 621 11th St, California, at which time the bids will be publicly opened and read aloud.

2. Project Information.

2.1 Location and Description. The Project is located throughout the City of Fortuna. The scope of the project includes the following: Mobilization/Demobilization Traffic control as required to perform CCTV and cleaning activities Pipe cleaning via hydro-jet or other equivalent method (water available at no cost from nearest City hydrant, contractor required to obtain a hydrant meter from the City) CCTV Inspection, rating, and evaluation of gravity sanitary sewer piping. Sewer piping to be assigned a Pipeline Assessment and Certification Program (PACP) rating. Delivery of all files related to CCTV, pipe ratings, and inspection reports. Delivery of pipe ratings and CCTV files in georeferenced spatial format. The project has been split into a base bid inspection area and three bid alternate inspection areas. The approximate pipe lengths as measured by the City's GIS layer in each bid area by pipe diameter, and total number of manholes in each bid area, are shown below. Maps of the bid areas, and a scaled map of the City's sanitary sewer collection system is included as Attachment 1.

Base Bid: Downtown

Total length 6"-12" Pipe (FT) 55,900
Total length 14"-36" Pipe (FT) 2,273
Sanitary Sewer Manholes (EA) 256

Bid Alternate 1: Lower Mid-Town

Total length 6"-12" Pipe (FT) 36,200
Total length 14"-36" Pipe (FT) 3,300
Sanitary Sewer Manholes (EA) 191

Bid Alternate 2: Campton Heights

Total length 6"-12" Pipe (FT) 97,200
Total length 14"-36" Pipe (FT) 1,060
Sanitary Sewer Manholes (EA) 438

Bid Alternate 3: Riverwalk

Total length 6"-12" Pipe (FT) 5,200
Total length 14"-36" Pipe (FT) 0
Sanitary Sewer Manholes (EA) 26

The City has \$625,000 budgeted for this project. As shown in Section 17 of the Instructions to Bidders, the low-bid for this project (and the number of alternates included in the calculation of the low bid) will be established by adding bid alternates (in order of 1-3) to the base bid amount until either all bid alternates are included in the project, or until the project budget is reached. The City's goal would be to award all bid alternates should the amounts come in within budget.

2.2 Time for Final Completion. The Project must be fully completed by December 31, 2024. City desires that the Work will begin on or about as soon as possible after contract award, which is anticipated in early August, but the anticipated start date is provided solely for convenience and is neither certain nor binding.

3. License and Registration Requirements.

3.1 License. This Project requires a valid California contractor's license for the following classification(s): Class C-36

3.2 DIR Registration. City may not accept a Bid Proposal from or enter into the Contract with a bidder, without proof that the bidder is registered with the California Department of Industrial Relations ("DIR") to perform public work pursuant to Labor Code § 1725.5, subject to limited legal exceptions.

4. Contract Documents. The plans, specifications, bid forms and contract documents for the Project, and any addenda thereto ("Contract Documents") may be

downloaded from City's website located at: https://www.friendlyfortuna.com/your_government/public_works_notices.php. A printed copy of the Contract Documents is not available.

5. Bid Security. The Bid Proposal must be accompanied by bid security of ten percent of the maximum bid amount, in the form of a cashier's or certified check made payable to City, or a bid bond executed by a surety licensed to do business in the State of California on the Bid Bond form included with the Contract Documents. The bid security must guarantee that within ten days after City issues the Notice of Potential Award, the successful bidder will execute the Contract and submit the payment and performance bonds, insurance certificates and endorsements, valid Certificates of Reported Compliance as required under the California Air Resources Board's In-Use Off-Road Diesel-Fueled Fleets Regulation (13 CCR § 2449 et seq.) ("Off-Road Regulation"), if applicable, and any other submittals required by the Contract Documents and as specified in the Notice of Potential Award.

6. Prevailing Wage Requirements.

6.1 General. Pursuant to California Labor Code § 1720 et seq., this Project is subject to the prevailing wage requirements applicable to the locality in which the Work is to be performed for each craft, classification or type of worker needed to perform the Work, including employer payments for health and welfare, pension, vacation, apprenticeship and similar purposes.

6.2 Rates. The prevailing rates are on file with the City and are available online at <http://www.dir.ca.gov/DLSR>. Each Contractor and Subcontractor must pay no less than the specified rates to all workers employed to work on the Project. The schedule of per diem wages is based upon a working day of eight hours. The rate for holiday and overtime work must be at least time and one-half.

6.3 Compliance. The Contract will be subject to compliance monitoring and enforcement by the DIR, under Labor Code § 1771.4.

7. Performance and Payment Bonds. The successful bidder will be required to provide performance and payment bonds, each for 100% of the Contract Price, as further specified in the Contract Documents.

8. Substitution of Securities. Substitution of appropriate securities in lieu of retention amounts from progress payments is permitted under Public Contract Code § 22300.

9. Subcontractor List. Each Subcontractor must be registered with the DIR to perform work on public projects. Each bidder must submit a completed Subcontractor List form with its Bid Proposal, including the name, location of the place of business, California contractor license number, DIR registration number, and percentage of the Work to be performed (based on the base bid price) for each Subcontractor that will perform Work or service or fabricate or install Work for the prime contractor in excess of one-half of 1% of the bid price, using the Subcontractor List form included with the Contract Documents.

10. Instructions to Bidders. All bidders should carefully review the Instructions to Bidders for more detailed information before submitting a Bid Proposal. The definitions provided in Article 1 of the General Conditions apply to all of the Contract Documents, as defined therein, including this Notice Inviting Bids.

By: Siana Emmons, City Clerk

Publication Date: 7/4, 7/11/2024

NOTICE OF PUBLIC HEARING
FORTUNA PLANNING COMMISSION

NOTICE IS HEREBY GIVEN that the Fortuna Planning Commission has scheduled a public hearing to consider approval of a Zoning Map amendment to rezone the western portion of a parcel bordering the Commercial Thoroughfare Zone from Residential Estates (RE 43) to Commercial Thoroughfare (CT); and an amendment of the General Plan land use map from Residential Very Low (RVL) to Commercial (COM). The hearing will be held on July 23, 2024, at 6:00 P.M. at Fortuna City Hall, 621 11th Street Fortuna, California.

Project Location: East of the 3600 Block of Rohnerville Road, north of Gulliksen Drive; Project Zoning: Residential Estates (RE 43) APN: 202-092-006; Project Applicant: Tony Leonardo. You are invited to the Public Hearing to ask questions or comment on the proposed project. The meeting is scheduled to stream live on Access Humboldt. To submit public comments prior to the meeting, please email comments to Katey Schmidt at kschmidt@ci.fortuna.ca.us by noon on Monday, July 22, 2024. To provide public comment during the meeting either attend in person at City Hall or phone in: 1-669-900-9128.

FRESHWATER ELEMENTARY SCHOOL DISTRICT
FRESHWATER ELEMENTARY SCHOOL – NC MODULAR
BUILDING PURCHASE
ADVERTISEMENT TO BIDDERS

NOTICE IS HEREBY GIVEN THAT THE BOARD OF TRUSTEES OF THE FRESHWATER ELEMENTARY SCHOOL DISTRICT, of the County of Humboldt, State of California, will receive up to and no later than **Tuesday, August 06, 2024 at 2:30 p.m.** sealed bids for the award and contract for the furnishing of all labor, materials, transportation, and services required for the construction of the **Freshwater Elementary School – New Construction (NC) Modular Building Purchase** project and such bids shall be received at the office of the **Freshwater Elementary School District, 75 Greenwood Heights Drive, Eureka, CA 95503**, and shall be opened and publicly read aloud at the above stated time and place.

Each Bid must conform and be responsive to this invitation, the Instructions to Bidders, and the Contract Documents. Documents for this project may now be obtained from:

Humboldt Builders Exchange
1213 5th Street
Eureka, California 95501
(707) 442-3708

Each Bid shall be accompanied by a certified cashier's check or bid bond made in favor of the Board of Trustees, Freshwater Elementary School District, executed by the bidder as principal and an admitted surety company as surety. All bonds for this project must be issued by an Admitted Surety, an insurance organization authorized by the Insurance Commissioner to transact business of Insurance in the State of California during this business year, in an amount not less than ten percent (10%) of the maximum amount of the bid. The check or bid bond shall be given as guarantee that the bidder shall execute the contract if it be awarded to him in conformity with the Contract Documents and shall provide the surety bond as specified therein within five (5) days after notification of the award of the contract to bidder.

It shall be mandatory upon the Contractor to whom a contract is awarded, and upon all subcontractors under him, to pay not less than the general prevailing rates of per diem wages to all workmen in the execution of the contract. Pursuant to the provisions of the California State Labor Code, and Local Laws thereto applicable, the said Board of Trustees has ascertained the prevailing rate of wages in the locality where this work is to be performed, for each craft and/or type of workman or mechanic needed to perform the work of this contract. General Prevailing Wage Rates shall be those rates pertaining to Humboldt County as published by the Department of Industrial Relations (DIR) pursuant to California Labor Code, Part 7, Chapter 1, Article 2, Sections 1770, 1773, and 1773.1.

Copies of the Prevailing Wage Schedules may be obtained from the Division of Labor Statistics and Research, P.O. Box 420603, San Francisco, CA 94101, or www.dir.ca.gov/dlsr/pwd.

Each contractor and subcontractor must be registered with DIR prior to submitting a bid.

The bidder awarded this contract may elect to receive 100% of payments due under the contract from time to time without retention of any portion of the payment by the public agency, by depositing securities of equivalent value with the public agency in accordance with the provisions of the Public Contract Code.

The Freshwater Elementary School District reserves the right to reject any or all bids or waive any defect or irregularity in bidding.

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On April 4, 2024, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Sydney Ct in Eureka, California. The seized property is described as: \$133.72 in US currency and Control Number 24-F-05 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

6/27, 7/4, 7/11/2024 (24-229)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On April 16, 2024, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from L Street in Eureka, California. The seized property is described as: \$21,576.00 in US currency and various jewelry items. Control Number 24-F-06 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

6/27, 7/4, 7/11/2024 (24-230)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On April 22, 2024, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from L Street in Eureka, California. The seized property is described as: \$5,256.00 in US currency and Control Number 24-F-07 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

6/27, 7/4, 7/11/2024 (24-231)

SUMMONS
(CITATION JUDICIAL)
ENFORCEMENT OF STATE
HOUSING LAW
(CUMPLIMIENTO DE LA LEY DE
VIVIENDA ESTATAL)
CASE NUMBER: CV2400676

NOTICE TO DEFENDANT:
(AVISO AL DEMANDADO):

TANYA M. MARSEILLE, TONY
GHERA, AND DOES 1 TO 25

YOU ARE BEING SUED BY PLAIN-TIFF:
(LO ESTÁ DEMANDANDO EL DEMANDANTE):

CITY OF EUREKA, A CALIFORNIA MUNICIPAL CORPORATION

You have 10 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp),

your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help

FRESHWATER ELEMENTARY SCHOOL DISTRICT FRESHWATER ELEMENTARY SCHOOL – TK MODULAR BUILDING PURCHASE ADVERTISEMENT TO BIDDERS

NOTICE IS HEREBY GIVEN THAT THE BOARD OF TRUSTEES OF THE FRESHWATER ELEMENTARY SCHOOL DISTRICT, of the County of Humboldt, State of California, will receive up to and no later than **Tuesday, August 06, 2024 at 2:00 p.m.** sealed bids for the award and contract for the furnishing of all labor, materials, transportation, and services required for the construction of the **Freshwater Elementary School – Transitional Kindergarten (TK) Modular Building Purchase** project and such bids shall be received at the office of the **Freshwater Elementary School District, 75 Greenwood Heights Drive, Eureka, CA 95503**, and shall be opened and publicly read aloud at the above stated time and place.

Each Bid must conform and be responsive to this invitation, the Instructions to Bidders, and the Contract Documents. Documents for this project may now be obtained from:

Humboldt Builders Exchange
1213 5th Street
Eureka, California 95501
(707) 442-3708

Each Bid shall be accompanied by a certified cashier's check or bid bond made in favor of the Board of Trustees, Freshwater Elementary School District, executed by the bidder as principal and an admitted surety company as surety. All bonds for this project must be issued by an Admitted Surety, an insurance organization authorized by the Insurance Commissioner to transact business of Insurance in the State of California during this business year, in an amount not less than ten percent (10%) of the maximum amount of the bid. The check or bid bond shall be given as guarantee that the bidder shall execute the contract if it be awarded to him in conformity with the Contract Documents and shall provide the surety bond as specified therein within five (5) days after notification of the award of the contract to bidder.

It shall be mandatory upon the Contractor to whom a contract is awarded, and upon all subcontractors under him, to pay not less than the general prevailing rates of per diem wages to all workmen in the execution of the contract. Pursuant to the provisions of the California State Labor Code, and Local Laws thereto applicable, the said Board of Trustees has ascertained the prevailing rate of wages in the locality where this work is to be performed, for each craft and/or type of workman or mechanic needed to perform the work of this contract. General Prevailing Wage Rates shall be those rates pertaining to Humboldt County as published by the Department of Industrial Relations (DIR) pursuant to California Labor Code, Part 7, Chapter 1, Article 2, Sections 1770, 1773, and 1773.1.

Copies of the Prevailing Wage Schedules may be obtained from the Division of Labor Statistics and Research, P.O. Box 420603, San Francisco, CA 94101, or www.dir.ca.gov/dlsr/pwd.

Each contractor and subcontractor must be registered with DIR prior to submitting a bid.

The bidder awarded this contract may elect to receive 100% of payments due under the contract from time to time without retention of any portion of the payment by the public agency, by depositing securities of equivalent value with the public agency in accordance with the provisions of the Public Contract Code.

The Freshwater Elementary School District reserves the right to reject any or all bids or waive any defect or irregularity in bidding.

Center (www.courtinfo.ca.gov/self-help), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

Tiene 10 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el

Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is:

(El nombre y dirección de la corte es):
Humboldt County Superior Court
825 Fifth Street
Eureka, CA 95501
The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):
Autumn E. Luna, City Attorney
City of Eureka
531 K Street
Eureka, CA 95501
(707) 441-4147
Date: April 9, 2024
Clerk (Secretario), Meara Hattan
by, Daisy S., Deputy (Adjunto)
6/20, 6/27, 7/4, 7/11/2024 (24-217)

FICTITIOUS BUSINESS NAME STATEMENT 24-00279

The following person is doing Business as
THE SANDWICH SHOP

Humboldt
770 Wildwood Ave
Rio Dell, CA 95562

Rachelle D Petersen
770 Wildwood Ave
Rio Dell, CA 95562

The business is conducted by an Individual.



Dan Thomas

November 1, 1940 - January 14, 2024

Dan Thomas passed away January 14th 2024 he was 83, to know him was to love him. He was a kind, caring, generous with a heart of gold and a twinkle in his eyes. Dan was a jack of all trades, he joined the Airforce at 16 eventually teaching Soldiers to excellent marksmen. In Novato, California he served as a Police Officer, later he owned his own excavating business in Humboldt County where he spent most of his years. Dan was a pioneer in the back to land movement raising his family among the beautiful redwoods and rolling hills of Elk Ridge.

In 2006 Dan and Suzi moved to Hawaii where he fell in love with the beauty of the land, they upgraded the house with Dan's nephew Chuck, who Dan loved like a son.

Dan will be deeply missed by many; most of all by his partner of 24 years Suzi Cousins, his children Michele, Dani (Thom), Karen, Aspen, Lela and Meghan (Sam), many grandchildren and great grandchildren, his brothers Wayne and Frank and some of his dearest friends T-bone and Anita, Will Bell, Nancy Sweet and Steve Daisy.

He was preceded in death by son Troy, beloved Granddaughter Holly, his parents Wayne and Irene, brother Ed and close friend Ron Sweet.

A celebration of life will be held at the Mateel Hall in Redway August 18th from 2-6pm it will be a potluck so bring your favorite dish and stories to share.

CR COLLEGE OF THE REDWOODS

REQUEST FOR PROPOSAL FROM LICENSED CONTRACTORS

NOTICE IS HEREBY GIVEN that the Governing Board of the Redwoods Community College District, of the County of Humboldt, State of California, is soliciting proposals from licensed contractors for remediation work and building repair work at our Del Norte Center location. Proposals are due on **August 14, 2024 at 2:00 PM PST**.

Proposal Documents (RFP) are available at: College of the Redwoods 7351 Tompkins Hill Road, Eureka, CA 95501 Website: <https://www.redwoods.edu/businessoffice/Purchasing.html>

Inquiries may be directed to: Johanna Helzer, Manager of Maintenance and Operations johanna-helzer@redwoods.edu PROPOSALS ARE DUE: No later than **2:00 PM PST on August 14, 2024**. All proposals must be submitted by email to johanna-helzer@redwoods.edu

or a thumb drive mailed to: College of the Redwoods Attn: Johanna Helzer

7351 Tompkins Hill Rd. Eureka, CA 95501

Only proposals that are in strict conformance with the instructions included in the Request for Proposal will be considered.

REDWOODS COMMUNITY COLLEGE DISTRICT

We Print Obituaries

Submit information via email to classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format, or original photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year. Deadline for obituary information is at 5 p.m. on the Sunday prior to publication date.

NCJ
NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

310 F STREET
EUREKA, CA 95501

(707) 442-1400



Carol Beth Colby

August 4, 1960-April 25, 2024

Carol Beth Colby was born August 4, 1960 in Oxnard, California to Gerald Arley Colby and Sylvia Lorraine Colby.

Carol passed away April 25, 2024.

Carol spent her early childhood in Oxnard, California and moved to Eureka, CA in 1972 with her Mother and Father and three sisters.

It was in Eureka where Carol learned a love of golf just like her father Jerry Colby. She frequented Eureka Municipal Golf Course and occasionally played Baywood Golf and Country Club.

Carol enjoyed the commraderie of many golfing friends especially the ladies golf group including her favorite golf partner, Donna Hunter.

Carol worked for many years in the automotive industry including mechanics and wholesale warehouse services in Eureka with her last job at Napa Automotive Parts downtown Eureka.

Carol attended Eureka High School and was also a member of the United States Air Forces.

Carol was blessed with the birth of her son Jerry Lee Colby (Kitsu) and raised her family in Eureka. She was especially proud of her sons recently opened business "Sparky Fox Arcade" at the Bayshore Mall. She would tell anyone who would listen how proud she was of Kitsu's accomplishment.

Carol is survived by her son Kitsu Colby and Damien King and her sisters Lynn Niekrasz (husband Michael) and Ann Colby. Also niece Rachel Rudd, nephews Jason Garza, Christopher Garza, Josh Mann, Keith Mann and Jesse Alora.

Carol was preceded in death by her parents Jerry Colby and Sylvia Scott and her elder sister Jeri Garza. Also beloved son-in-law Alex Hanover.

A "Celebration of Life" will be held on Carol's birthday, August 4th from 1-3pm at Synapsis performance space, 1675 Union St. Eureka.

We Print Obituaries

Submit information via email to classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format, or original photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year. Deadline for obituary information is at 5 p.m. on the Sunday prior to publication date.



310 F STREET, EUREKA, CA 95501
(707) 442-1400 • FAX (707) 442-1401

The date registrant commenced to transact business under the fictitious business name or name listed above on May 14, 2024

I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Rachelle Petersen, Owner
This May 14, 2024

JUAN P. CERVANTES
by sg, Humboldt County Clerk

6/27, 7/4, 7/11, 7/18/2024 (24-225)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00288

The following person is doing Business as
FUR FITS

Humboldt
3140 St. Louis Rd. Apt. A
Arcata, CA 95521

799 H St PO Box #835
Arcata, CA 95521

El-Sheleke Giddens
799 H St. PO Box 835
Arcata, CA 95521

The business is conducted by an Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s El-Sheleke Giddens, Owner

This May 20, 2024

JUAN P. CERVANTES
by jr, Humboldt County Clerk

6/20, 6/27, 7/4, 7/11/2024 (24-220)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00319

The following person is doing Business as
PROUD DRAGON GAMES

Humboldt
219 D Street
Eureka, CA 95501

601 Herrick Avenue
Eureka, CA 95503

K&M Games LLC
California 202462011033
219 D Street
Eureka, CA 95501

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable

I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Keith B Drewett Jr., Managing Member

This June 4, 2024

JUAN P. CERVANTES

by jc, Humboldt County Clerk

6/20, 6/27, 7/4, 7/11/2024 (24-218)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00325

The following person is doing Business as
RUFF MONSTERS

Humboldt
2916 O St
Eureka, CA 95501

Erica Botkin
2916 O St
Eureka, CA 95501

The business is conducted by an Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on March 1, 2024

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Erica Botkin, Owner

This June 13, 2024

JUAN P. CERVANTES

by JR, Humboldt County Clerk

7/4, 7/11, 7/18, 7/25/2024 (24-239)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00333

The following person is doing Business as
HUMBOTTLE GLASS CRAFTS

Humboldt
1320 Westhaven Drive North
Trinidad, CA 95570

PO Box 526
Arcata, CA 95518

Andrew R Feinstein
PO Box 526
Arcata, CA 95521

The business is conducted by an Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a

misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Andrew R Feinstein, Owner

This June 11, 2024

JUAN P. CERVANTES

by jr, Humboldt County Clerk

6/20, 6/27, 7/4, 7/11/2024 (24-216)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00336

The following person is doing Business as
REDWOOD ROOTS CONSTRUCTION

Humboldt
175 Patricia Lane
Willow Creek, CA 95573

PO Box 1517
Willow Creek, CA 95573

Redwood Roots Construction
CA 6242005
175 Patricia Lane
Willow Creek, CA 95573

The business is conducted by a Corporation.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Jason Stephens, President

This June 12, 2024

JUAN P. CERVANTES

by jr, Humboldt County Clerk

6/20, 6/27, 7/4, 7/11/2024 (24-219)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00338

The following person is doing Business as
MAGIC IN THE REDWOODS/ NORTH COAST SUPPORTS

Humboldt
681 Old Wagon Rd
Trinidad, CA 95570

North Coast Supports and Rec LLC
CA 202462116269
681 Old Wagon Rd
Trinidad, CA 95570

The business is conducted by a Limited Liability Company.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Coralysa Moore, CFO

This June 13, 2024

JUAN P. CERVANTES

by SC, Humboldt County Clerk

7/4, 7/11, 7/18, 7/25/2024 (24-238)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00341

The following person is doing Business as

NORTH SOUTH STAFFING/MUD AND CLAY SUCCULENTS/ EMERALD EMPIRE ECO-CLEAN

Humboldt
220 Wildwood Lane
Rio Dell, CA 95562

North South Staffing LLC
CA 202462313283
4465 Graywhaler Lane
Rohnert Park, CA 94928

The business is conducted by a Limited Liability Company.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Elizabeth Miller, CEO

This June 14, 2024

JUAN P. CERVANTES

by JR, Humboldt County Clerk

7/4, 7/11, 7/18, 7/25/2024 (24-233)

FICTITIOUS BUSINESS NAME
STATEMENT 24-00353

The following person is doing Business as

B. LINKED PERMANENT JEWELRY

Humboldt
2632 Visser Court
McKinleyville, CA 95519

Bailey A Giacomini
2632 Visser Court
McKinleyville, CA 95519

The business is conducted by an Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Bailey Giacomini, Owner

This June 24, 2024

JUAN P. CERVANTES

by JR, Humboldt County Clerk

7/4, 7/11, 7/18, 7/25/2024 (24-236)

LEGALS?
442-1400 x314



WE ARE HIRING

Independent Living Specialist

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Nemo Quia Velit Vitae... (Text continues in columns)

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CITY OF FORTUNA POLICE OFFICER

\$53,951 – \$65,640 PER YEAR
FULL-TIME.

Under the general supervision of a Police Sergeant, to perform law enforcement, crime prevention, traffic control, and crime investigation activities; to perform assigned, specialized law enforcement duties; to assist the public in a variety of ways; and to do related work as required.

Complete job description and applications are available at governmentjobs.com.
This position is open until filled.



K'ima:w Medical Center is Seeking Applicants to Fill the Following Position:

CHIEF EXECUTIVE OFFICER (CEO) – Regular, Contractual, Salary: DOE.

This position involves developing a comprehensive Rural Health Care delivery system in collaboration with the Hoopa Tribal Leaders, utilizing various funding resources. Responsibilities include overseeing the management and operation of a full health care delivery organization and ensuring compliance with regulatory guidelines. The goal is to achieve the strategic objectives of K'ima:w Medical Center and to ensure efficient, cost-effective use of resources to meet the identified needs of the service region.

EDUCATION AND/OR EXPERIENCE:

Master's Degree (Doctorate preferred) in hospital/clinic administration, public health administration, the medical field, or related fields such as business or public administration. Training and/or coursework in health care administration; and at least five years of executive or director level experience in health care administration with Native American Programs. Knowledge of budget preparation and fiscal management is required. The candidate should possess strong human relations skills. It is essential to maintain integrity at all times and make choices based on what is best for the organization.

DEADLINE: OPEN UNTIL FILLED

For a complete job description and application please visit www.kimaw.org.

Please submit applications to
melia.jarnaghan@kimaw.org



CITY OF FORTUNA PAYROLL & BENEFITS ADMINISTRATOR

\$58,235 – \$70,852 PER YEAR
FULL-TIME.

Under the administrative supervision and general direction of the Finance Director, to serve as confidential assistant to the Finance Director, performs and oversees, assigned functions within the Finance Department, including payroll, employee benefits administration, classification, compensation, and vendor payables; provide information regarding the functions, policies and administrative procedures of the Department to the public and other City staff; assists Finance Director with general ledger, budget control, and other assigned accounting/budget related duties; and perform related work as required. Complete job description and applications are available at governmentjobs.com. Applications must be received by 4pm on **Friday, July 19, 2024.**



The Deputy Director, Behavioral and Family Empowerment

is a senior-level management position that serves as a primary backup to the Executive Director in the management of Changing Tides Family Services programs, personnel, and operations. The Deputy Director plans, develops, and oversees implementation of a range of mental health and family support programs and supervises staff. Exercising considerable independent judgement, the Deputy Director will be expected to manage or personally conduct sensitive, difficult, and complex staff work.

The ideal candidate is an experienced professional with five years of full-time experience administering complex human service programs in a management capacity with budgetary responsibility above \$2,000,000. Increasingly responsible management of a nonprofit organization desirable. A typical way to obtain the knowledge and skills required for this position includes graduation from a four-year college or university with major course work in business or public administration (graduate degree preferred) or equivalent experience.

This Full-Time position starts at \$7,938.15 per month. Benefits include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum-level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing.

Please go to www.changingtidesfs.org for complete job description and application requirements. Position open until filled with a first review date of **July 22, 2024**. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org Hablamos español
@changingtidesfamilyservices



CITY OF FORTUNA COMMUNITY SERVICES OFFICER – FIELD CSO

\$20.62 – \$25.09 PER HOUR
PART-TIME.

City of Fortuna. Under general supervision of a Police Sergeant and on-duty Watch Commander, performs routine supportive police duties, such as parking enforcement, animal control, receptionist tasks, evidence tracking, minor reports and other related work as required within assigned department. Complete job description and applications are available at governmentjobs.com. Applications must be received by 4pm on **Friday, July 26, 2024.**



CITY OF FORTUNA LEAD VEHICLE & EQUIPMENT MECHANIC

\$51,979 – \$63,232 PER YEAR
FULL-TIME.

Under the general direction of the General Services Superintendent, to inspect, diagnose, maintain, and repair automotive, construction, and other power-driven equipment and to do related work as required. Lead administrative duties in the shop including ordering parts and supplies, obtaining and reviewing estimates for service, budget management, and managing regulatory permitting procedures associated with the shop. Complete job description and applications are available at governmentjobs.com. Applications must be received by 4pm on **Friday, July 19, 2024.**



CITY OF FORTUNA ENGINEERING TECHNICIAN II

\$58,235 – \$70,852 PER YEAR
FULL-TIME.

Under the general supervision of the City Engineer/Public Works Director and/or the Deputy City Engineer; to perform a variety of technical office and field engineering work; to perform public works inspections; to perform surveying work; to prepare engineering drawings using Computer-Aided-Design/Drafting (CADD); to perform GIS data collection, mapping and field tripping; and to do related work as required. Complete job description and applications are available at governmentjobs.com. Applications must be received by 4pm on **Friday, August 2, 2024.**



Program Assistant, Case Management

Full-time, starts @ \$19.36/hour

Mental Health

Rehabilitation Specialist

Part-time, starts @ \$24.56/hour

Benefits for full-time positions include paid vacation and sick leave, 14 paid holidays, 100% agency-paid, platinum-level health insurance, dental, vision, and life insurance, as well as a retirement plan with matching contributions and profit-sharing.

Please go to www.changingtidesfs.org for complete job description and application requirements. Position open until filled with a first review date of **July 17, 2024**. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

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Redwood Community Action Agency is hiring!

COMMUNITY SERVICES DIVISION

• Case Workers I/II, F/T 40 hrs.

Various programs; works with families and/or adults

\$21.00/hr. - Case Worker I

\$23.00/hr. - Case Worker II

ENERGY & ENVIRONMENTAL SERVICES DIVISION

• Program Manager, fulltime

Salary/exempt \$66,573 annual \$34.14/hrly equiv. 37.5 hrs. wk.

NATURAL RESOURCE SVS

• Restoration Field Crew, fulltime

\$20.00/hr. 40 hours weekly

SENIOR PLANNER / GRANT WRITER for Administration

• \$28.00/hr. 37.5 hrs. weekly

Go to www.rcaa.org/employment-opportunities for a complete job description & req'd application. All F/T positions have health benefits. EOE



Hiring?

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in the **Journal**.

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K'ima:w Medical Center
an entity of the Hoopa Valley
Tribe, is seeking applicants
for the following positions:

CHIEF FINANCIAL OFFICER

– FT/Regular (\$146-\$181k DOE)

CHIEF EXECUTIVE OFFICER – FT/
Regular DOE (\$125-\$156K)

SOBER LIVING CASE MANAGER – FT/
Regular (\$20-\$24 per hour)

HOUSEKEEPING SUPERVISOR (FACILITIES)
– FT/Regular (\$20.44-26.81)

CHIEF HUMAN RESOURCES OFFICER
– FT Regular (\$96K-\$123K)

**COMMUNITY HEALTH REPRESENTATIVE
(CHR)** – FT/Regular (\$19.54-26.33)

**OUTREACH MANAGER/PUBLIC HEALTH
NURSE** – FT/Regular (\$125K - \$138K) RN/PHN

FAMILY NURSE PRACTITIONER – FT/
Regular (\$133K-\$175K)

**PURCHASED REFERRED CARE (PRC)
CLERK** – FT/Regular (\$18.62-\$25.09)

ASSISTANT PROJECT MANAGER – FT/
REGULAR (\$35.59 – \$45.46 DOE)

ACCOUNTING TECHNICIAN – FT/
Regular (\$19.54 - \$26.33 DOE)

**HEALTH INFORMATION MANAGEMENT,
MANAGER** – FT/REGULAR
(\$30.60 – \$35.49 DOE)

MEDICAL BILLING SPECIALIST – FT/
Regular (\$17.90-\$24.25 per hour DOE).

EMT-1 – Temporary and FT/
Regular (\$16.00 - \$18.00 DOE)

**OUTREACH COORDINATOR (BEHAVIORAL
HEALTH)** – FT/Regular (\$20.00 - \$24.00 DOE)

SENIOR RADIOLOGIC TECHNOLOGIST
– FT/Regular (\$35.59 - \$48.60 DOE)

**COALITION COORDINATOR
(BEHAVIORAL HEALTH)** – FT/Regular
(\$17.14 - \$20.01 per hour)

**PERSONAL HEALTH RECORD (PHR)/
MEDICAL RECORDS SPECIALIST** – FT/
Regular (\$18.62 - \$23.77 per hour DOE)

MEDICAL ASSISTANT – FT/Regular
(\$22.05 - \$25.25 per hour DOE)

DENTAL HYGIENIST – FT/
Regular (\$39.00-43.00 DOE)

PHYSICIAN – FT/Regular (\$290K-\$330K)

MENTAL HEALTH CLINICIAN – FT/Regular
(DOE licensure and experience) LMFT,
LCSW, Psychologist, or Psychiatrist

DENTIST – FT/Regular (\$190K-\$240K)

All positions above are Open Until
Filled, unless otherwise stated.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 OR call 530-625-4261 OR apply on our website: <https://www.kimaw.org/> for a copy of the job description and to complete an electronic application. Resume/CV are not accepted without a signed application.

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U03256



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U03313



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GRAND CHEROKEE
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436 MAD RIVER ROAD, ARCATA
\$249,000

Welcome to this charming fixer house located on the outskirts of Arcata, just a stone's throw away from the beautiful Mad River Beach, the tranquil Mad River, and the scenic Hammond trail. This 3 bedroom, 1 bathroom house is the perfect opportunity for those looking to put their personal touch on a property and create their dream coastal retreat!



**101 PENNY LANE,
FIELDBROOK**
\$399,000

Charming Fieldbrook property on a half-acre flat lot with a cozy 2 bed, 1 bath house, boasting a bonus room that can easily

be transformed into a third bedroom. Although the house requires some work, it offers good bones and a functional floor plan. In addition to the house, this property also features a remarkable 2,720 square foot shop.



**3891 CAMPBELL
RIDGE ROAD, SALYER**
\$729,000

The idyllic river lifestyle awaits you at this remarkable ± 7 acre property perched above the Trinity River! The

custom-built home is beautifully finished throughout with desirable features and designed to highlight the river views. Complete with a large, versatile shop and path down to your private swimming and fishing hole!



**2150 KERLIN CREEK
ROAD, HYAMPOM**
\$395,000

± 160 Acre cannabis farm with a County permit for 39,100 sq. ft. of OD cultivation space. Infrastructure includes greenhouses, drying and

processing facility, and storage sheds. Property includes two intricately controlled garden sites with timers and gravity fed system drawing from an impressive 70k gallons of water storage. Abundant water supply sourced from a well and registered point of diversion from a year-round creek ensures consistent irrigation.

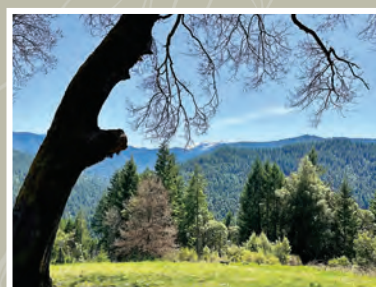


NEW LISTING!

**801 6TH AVENUE,
WESTHAVEN**
\$50,000

Welcome to your dream getaway! This ± 0.27 acre vacant piece of land nestled amidst majestic redwood trees with a tranquil trickling creek is a

nature lover's paradise. Located within walking distance to some of Humboldt's finest beaches, this property offers a unique opportunity for camping enthusiasts seeking an escape from the hustle and bustle of everyday life. Although this land cannot be built on, it presents an ideal setting for creating lasting memories with family and friends!



**2850 CEDAR CAMP
ROAD, ORLEANS**
\$895,000

Perched overlooking the stunning Orleans Valley, the Historic Moses Ranch offers a breathtaking

± 320 acre retreat that combines natural beauty with rustic charm and modern comforts. Beautiful 3 bed, 2 bath main house, additional guest cabin, beautiful views, wood shed, shop, and so much more!



**32 DEADWOOD
COURT, BIG BAR**
\$60,000

± 1.2 Acres of beautiful space perfect for your dream home! This property already has

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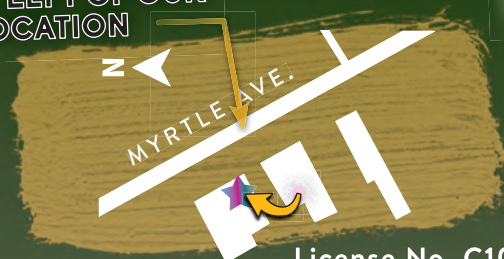
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